

THE CRAZY WISDOM COMMUNITY JOURNAL

SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

FREE

MAY THROUGH AUGUST 2019 - ISSUE 72

The
Mindfulness
Issue

for
Little Ones,
Kids, Teens,
Parents,
and
Teachers

Barbara Newell, Joy Aleccia, and Anique Pegeron

Four Spiritual Leaders on the Feminine Face of God in Ann Arbor

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Program costs cover upkeep for Tsogyelgar grounds and shrines and are not for profit. Dharma is not a business, and no one is ever turned away due to an inability to pay.

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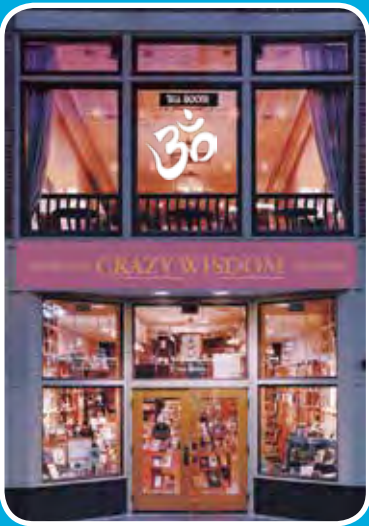
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husband-and-wife.

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available at our bookstore
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other locations in the area.

The deadline for
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for the September
thru December 2019 issue
is Monday, July 15th

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The deadline for
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**Crazy Wisdom Monthly
Book Discussion
7:30 p.m.
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Community Room**

**May 17 • *Ageless Soul: The
Lifelong Journey Toward
Meaning and Joy*
by Thomas Moore.
Hosted by Bill Zirinsky.**

**June 28 • *Sacred Enneagram*
by Christopher Heuertz.
Hosted by Deb Flint.**

**July 12 • *How to Use a Crystal*
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Hosted by Deb Flint.**

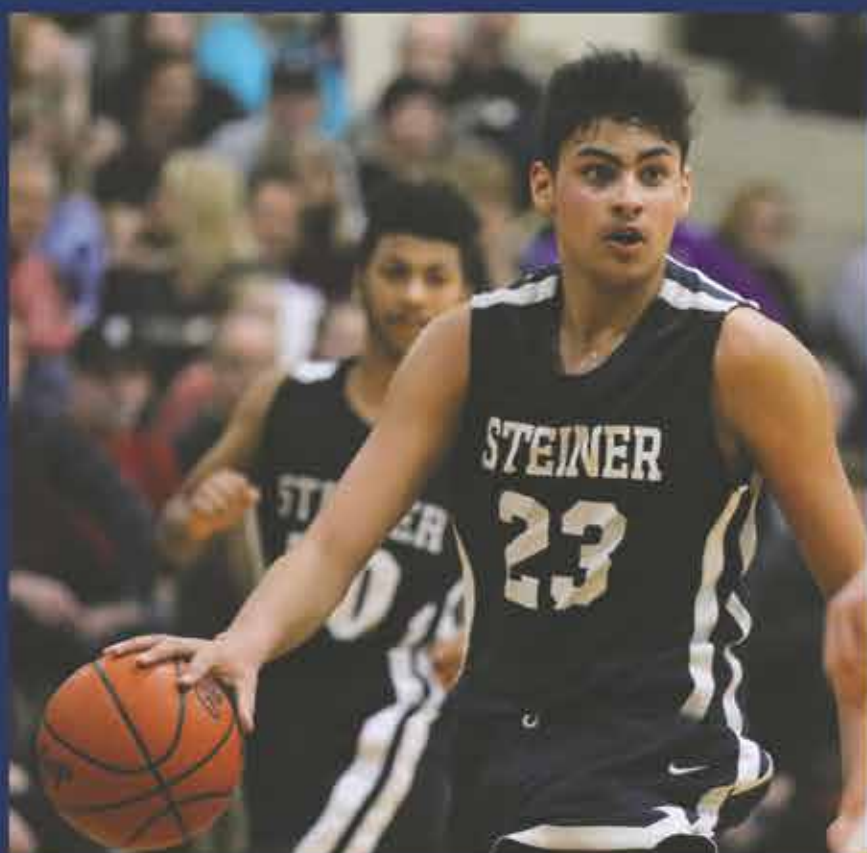
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Meet Some of Our Creative Team

We sincerely appreciate all the talent that gets put to work to bring you the best *Crazy Wisdom Community Journal* three times a year, and wanted to highlight different contributors from each issue in this space. Look for new names and faces in every issue!

Carin Michaels is a freelance journalist who has written for Gannett Newspapers, MLive Media Group, and Third Street Publications. She is also a playwright and has had productions in New York City, Chicago, and LA. She was employed as a federal investigator, and she is currently working on her first novel.



Laura K. Cowan is the *Kids in the Community* columnist for the *Crazy Wisdom Community Journal* and is a journalist for local and national magazines specializing in green tech and conscious living. Her writing has appeared in *Automobile Quarterly*, *The Ann Arbor Observer*, and *Writer Unbound*. Laura is the author of the article on mindfulness for children featured on our cover.

Lynda Gronlund-Nacem has been writing the What's New in the Community column since 2012. She is the owner of PKSA Karate Ann Arbor and BalancePoint Fitness, where she works as a martial arts instructor and personal trainer. In her spare time she likes reading, spending time outside, and riding her motorcycle. She lives in Ypsilanti with her husband and cranky but beloved rescue chihuahua.

Cashmere Morley is a self-proclaimed tea enthusiast, bookworm, video game slayer, and art nerd. She is a freelance writer/graphic designer currently residing in Howell. Cashmere writes and designs everything from t-shirts to invitations, business cards to banners, flyers to mobile ad campaigns, and even graphics for museum exhibitions.



Rachael Waring's most important mission is being a present and engaged mommy, and secondly to be a champion of others, especially women. She is a realtor at Reinhart Realtors and owns Lore Branding: branding photography for female-led businesses and organizations in Michigan. Rachael is also responsible for our beautiful cover this issue!



Kirsten Mowrey is a licensed massage therapist with over twenty years experience, and she is the owner of her own practice. She is also a certified Trager® movement practitioner and a shamanic practitioner in the Waskar and Inkari lineages. A graduate of U-M, she wrote *Crazy Wisdom's* Green Living column for two years and has contributed numerous interviews and articles for the Journal. She also holds a certificate in Permaculture design and is an avid gardener.



Rory Russell has been the Journal's Advertising Manager for more years than she can count. During this time she has become an integral part of the vibrant fabric woven between Ann Arbor's and Southeastern Michigan's holistic communities and the Crazy Wisdom family. With the publication of this Spring/Summer edition, Rory is passing the magic wand on to a wonderful new ad manager, Tana Dean. Rory looks forward to new creative pursuits at her home in Honolulu, traveling the globe, and sharing many happy times with her family, friends and grandchildren. She feels immense gratitude for the opportunity to have learned from so many kind, conscious people in Ann Arbor and beyond.

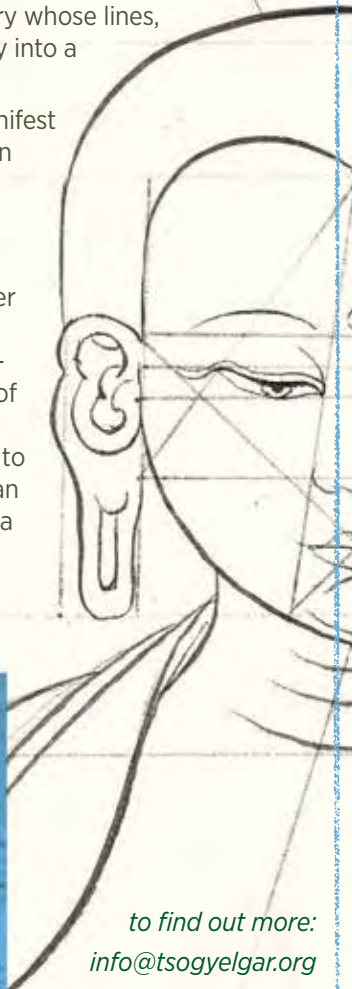


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ABOUT THE INSTRUCTOR: B. Love Davis is renowned as a painter of sacred Buddhist forms. After graduating from the School of the Art Institute of Chicago, he went on to study with the Tibetan painting master Pema Rinzin at the Rubin Museum of Art in New York City.



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Random Acts of Kindness

The Great Casserole Challenge

By Madeline Strong Diehl

You can see the evidence of random kindness in every season—it’s not hard to find. For me, it happens a lot in winter after a heavy snowfall. More often than not, I’ll look out the front window, dreading the fact that I’ll have to shovel the walk, only to discover it’s already been cleared by a sneaky neighbor! Suddenly my claustrophobic winter dread is replaced by the joy of new snow glittering in the sunshine. The day is now extra special because someone went out of their way to make it so.

In the spring and summer, I’ve often stepped up on my porch to find that some kind soul has left a gift from her garden; maybe a bunch of flowers, or some tomatoes and basil. And in the fall, I am consistently the recipient of zucchini that are so gigantuan they seem more like an alien life form than a vegetable. Though it’s hard to say who is getting the most out of this gift—is it me, who now has to spend the week making zucchini pancakes, zucchini bread, and goulash? Or is it my anonymous friend, who no doubt wants to keep her identity a secret because she is mostly using me as a way to get rid of all her surplus zucchini? Sometimes receiving kindness may leave you feeling like you have to reciprocate



The day is now extra special because someone went out of their way to make it so.

in kind for every act of kindness you receive. However, the highest, purest form of kindness is anonymous and selfless and does not seek to call attention to itself. At its very best, it is a form of performance art—it is spontaneous and random. When it comes to kindness, we need to make sure our egos are nowhere to be found—we do not want to get into competition, knowingly or unknowingly, with someone who we feel is always staying one step ahead of us—or twelve—in the acts of kindness department. We also don’t want our gifts to come from feelings of guilt or inadequacy. Feelings of obligation or competition would defeat the whole purpose.

The ethical directive to “love thy neighbor as thyself,” otherwise known as the “Golden Rule,” has been around in one form or another since around 1700 B.C. If we are to believe Wikipedia, it is formally embraced by every major religion and many indigenous cultures.

Perhaps you’re already well on your way to making the practice of random acts of kindness a guiding light in your life. Or perhaps it was once something you embraced and believed in, but you have had to cast it aside during these trying, turbulent, cynical times. If so, please, indulge me. Follow me to a place where the world of “love thy neighbor as thyself” is not just an abstract, unattainable concept—but one that is very real.



Sometimes receiving kindness may leave you feeling like you have to reciprocate in kind for every act of kindness you receive.

Like almost all new life, kindness can start with something as small as an egg. Growing up, I had a wonderful role model for someone who had no trouble borrowing and lending eggs right and left—my mother. My dad was a career submariner, and he was away for six months out of every year, so my mother was often left alone with us five kids—and often in need of eggs. So I witnessed many, many examples of how my mother turned this simple act of borrowing and lending eggs into lifelong friendships.

That is why, twenty years ago, it was not hard for me to walk straight up to the front door of my new neighbor, Marilyn, and ask to borrow an egg. Thanks to the example of my mother, I recognized that this was also an opportunity to make a friend. And Marilyn rose to the occasion. She didn’t ask, “How did you vote in the last election?” Or, “What religion are you?” Or, “What is your sexual orientation?” Without losing a beat, Marilyn said, “Come in, come in! Get out of the cold! Of course I would be happy to give you an egg. In fact, I happen to have three eggs, and you can have



them all if you want!” That was how this one small egg grew into a fertile and verdant friendship.

I’m sure you’ve heard how hopelessly “polarized” our society is; how it’s become nearly impossible for people of different political parties, race, ethnicity, or class backgrounds to “cross the divide.” But, at least sometimes, could “crossing the divide” be as simple as crossing the street with a casserole?



The ethical directive to “love thy neighbor as thyself,” otherwise known as the “Golden Rule,” has been around in one form or another since around 1700 B.C.

All while I was growing up, whenever my mom cooked a lasagna or a casserole for us, she cooked two so she could take the extra to someone in need. I started doing this, too, after I got married, and what I noticed right away is that there was never a day when I couldn’t think of *ten* people who needed such a gift.

I always thought this casserole ministry was my mother’s idea, but after she died, I inherited her cookbook, *The General Foods Kitchens Cookbook* (published in 1959), and I learned that, on page 362, there is a chapter called “How to Rise to the Occasion” and a section called “The Good Neighbor Policy,” which essentially lays out a job description for women of my mother’s generation. It suggests that a good neighbor can “double the recipe for (her) own family’s meal...and (take) over a casserole or a cake to the neighbor.”

Reflecting on this now, I find it highly ironic that, for all the decades while my father served on nuclear subs during the Cold War, my mother’s cookbook was exhorting her to participate in this highly potent and subversive form of socialism. But that’s beside the point. It’s so clear to me now that “The Good Neighbor Policy,” as put forth by *The General Foods Kitchens Cookbook* is nothing more or less than the “Golden Rule,” updated for mid-twentieth century American housewives.

It’s easy to give in to despair and believe that everything good and noble and beautiful in our society is in peril, but if you talk to people who’ve lived through the Depression, World Wars I and II, McCarthyism, and the Cold War, they will probably tell you that they have experienced and survived similar eras when they thought the madness, the suffering, and the hardship would never end. And just when they were about to give up on humanity, things got better.



That was how this one small egg grew into a fertile and verdant friendship.

What if I told you that we are not helpless? What if I even told you that we are very, very powerful—in fact, it all comes down to us?

Like any revolution, the revolution of civility and kindness can only happen one person at a time. Some of us are marchers and protestors; some of us are cooks. So if you haven’t met all your neighbors, I challenge you to deliberately run out of eggs, walk across the street, knock on your neighbor’s door, and ask for one.

If you want to be even more revolutionary, think of someone on your block who displayed political signs out in her front yard that were different from yours. Pick out the most beautiful notecard you can find, and use your very best handwriting to invite her to tea. Or, if you find out she or someone in her family is sick or has fallen on hard times, take over a casserole.

Let’s call this the Great Casserole Challenge. And please write to me and let me know how it goes.

Do you have a story about a random act of kindness, either given or received? We may share your story! Please write to our columnist at kindnessatCW@crazywisdom.net and include your contact information.



Soul on a Short Leash: Butterflies, Bees, and Technologies



by Irena Nagler

My parents both traveled in Mexico when they were young. They hadn't yet met and would not for a few years. A flock of butterflies accompanied the bus in which my mother crossed the border from Arizona. She said they were pale in color, not monarchs, like a scatter of flowers, a flock of mariposas on the wind's breath, and for the Aztecs, a symbol of fire and soul.

Flying alongside the bus-windows, they transported her spirit over the border on their strong wings in a surge and uplift that she never forgot, into lands and among people with whom she felt affinity. She spent some months in Mexico, traveling and working with children.

Both my parents, on their separate journeys during the 1950s, saw Diego Rivera at work on murals. My mother had a glimpse of him painting in a courtyard. "This big guy," she said. "I didn't know who he was."

My father had been in the country a few years earlier with a group of students in their late teens. They were doing volunteer work through a Quaker organization. Rivera had gotten word of them, and when they encountered him in Mexico City he called them over to where he was working. He had something he wanted to tell them about his time in Detroit.

BUTTERFLIES by Irena



A flock of butterflies accompanied the bus in which my mother crossed the border from Arizona... like a scatter of flowers, a flock of mariposas on the wind's breath, and for the Aztecs, a symbol of fire and soul.

Frida Kahlo, Diego's spouse, painted an electric cord protruding from a machine in Michigan becoming the root of a tree in Mexico. The dry, salty Yucatan Peninsula, with its underground waters, is almost directly south of our lake land. There's an odd north-south resonance with the Aztec and Mayan motifs so often chosen to decorate buildings during the time of Detroit's flowering.

When I was a child, butterflies of many varieties were frequent guests in summertime gardens. They wafted along planes of sunlight and lighted on flowers. Their flight traced contours of invisible waves that we could sense beneath consciousness: magnetic fields visible to them in shades of blue and ultraviolet. Their elegant forms, miniature ladies and gentlemen bearing the weight of wings, strode leaves and petals with the grace of tiny space walkers.

We were told not to touch them, that we would wipe the dust off their wings and they would no longer be able to fly. Though they must be treated gently, they are in fact stronger than this. Their wings are composed of thin membranes, webbed with veins and covered by protective, nanoscopic scales, iridescent and overlaid like shingles. The scales are shed periodically throughout their lives. They constitute the "dust" that lingers on the fingers of those who touch them. Too much scale loss can indeed affect the membrane beneath, though one touch would not make much difference. But they can't regenerate the scales, and older butterflies often show naked patches on their wings.

Once, in my family, we watched caterpillars form chrysalises in a big jar. The larvae would dissolve within them, and soon the crumpled wings would emerge, the slow opening and closing of them, the lifting and the flight.

A caterpillar, when full-grown, extrudes a button of silk to fasten to a leaf or twig. The skin of the larva, the last of many, is shed. Underneath is the hardened chrysalis, within which a measured, alchemical dissolution and reconstitution occurs. Butterfly organs laid out in perfect order within what is sometimes compared to a soup, to be stitched together from within for the final phase of metamorphosis. Some butterflies, inside their chrysalis, can create sound and make abdominal segments move, which may scare away predators. Eventually the butterfly works to shed the chrysalis, discarding a little wizened mask. It suspends itself quietly to dry its wings, and then launches itself into the air.

Butterflies are a rare sight now, most years, in urban and suburban areas. It seems almost a dream to remember otherwise.



With their fast metabolism, time may be subjectively slow for them compared to our experience of it. Each wing-beat for us might seem to take only a moment, but for the butterflies the moment is long. They may be savoring a world stained to their eyesight with visions of ultraviolet and blue that paint the flowers in colors that we cannot see. A gift, perhaps, that mitigates the shortness of their lifespan.

Butterflies are a rare sight now, most years, in urban and suburban areas. It seems almost a dream to remember otherwise.

For a few years, prior to 2009, I often encountered them in the shady Heathdale valley of the Nichols Arboretum. Wherever there was a patch of sun, one would be

In Michigan, and specifically Detroit, narrative, it is usually stated that Rivera idealized technology as a liberating force for humanity... However, the murals in the Detroit Institute of Arts may tell a somewhat different story.

"He said," my father told me, "that after observing the impact of the technology on human lives and on the environment, he did not want the same for Mexico." In Michigan, and specifically Detroit, narrative, it is usually stated that Rivera idealized technology as a liberating force for humanity. Apparently he arrived for his commission at the Detroit Institute of Arts in 1932 with something close to that outlook: intrigued and enthusiastic.

However, the murals in the Detroit Institute of Arts may tell a somewhat different story. Fisted hands burst up into open skies above scenes of factory work enclosed among ganglia of pipes and struts. Technology is depicted as a god, compared and contrasted with images of Aztec deities. A scene echoing the Christian Nativity has a nurse as Mary and a doctor as Joseph administering vaccines to a golden child. The workers are immersed in unrelenting gray, dwarfed by machinery. There are larval factory scenes with no space for the metamorphosis of winged creatures and processions of men with heads bowed.

But the dynamic earth, from which the metals have been wrested to make machines and other artifacts, seems triumphant, arrayed over their heads, brightly burning in rainbow hues.

There's an odd north-south resonance with the Aztec and Mayan motifs so often chosen to decorate buildings during the time of Detroit's flowering.



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Soul on a Short Leash

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spreading its wings, resting—on the back of a bench or clinging to a plant on the steep hillside. They were of many species, not a flock like monarchs.

In the summer of 2009 a friend told me: “I never see butterflies anymore.” I hastened to mention to him the Heathdale butterflies and determined to go there soon and check out the scene. I hadn’t done so for about a year. I visited the spot repeatedly over a month or so and found that my friend was right—there were almost none there. I only saw a few very small ones.

In the late summer of that year, I walked one day to the edge of the city and a little beyond. Off the road, I saw a field; pathless, burry, a tangle of bushes and tall grasses, a place not frequented by humans.

But there they were, the butterflies. A cloud of them rested and fluttered among the bushes. Again, they were not monarchs, not all one species. It was as if all the varied butterflies and moths of the city had congregated in this field. They bejeweled it, many-colored, vivid and light as breath, yet creatures of intensity.

Maybe they are only fleeing humans—that is, if they can find a space to flee to. Maybe it is the same with some of the bees.

Occasionally I will see them still. Sometimes a small flock of monarchs with monitor-tags on their wings, browsing on flowers near my home. Yellow swallowtails—one dancing over the butterfly garden in the Arb, another among plantings of flowers near the Food Coop, arresting the gaze of passersby. The humans don’t pull out their phones and move in to photograph it, they are too riveted by the now-rare sight, caught in a luminous spell.

Another I pass at the edge of a garden. It flies to me, and then traces a spiral flight from my feet up to the space over my head, and wings away across the road to a wooded area bounded by rocks.



I found page after page of references to smartphones’ rendering of color, borrowed from the way light reflects iridescence from butterflies’ wings.

And a big black and iridescent-blue one that tried to follow its accustomed flight path across the Broadway bridge and was hit by a car. It lay on the road, struggling. Fortunately, there was no traffic for a little while. I ran out and picked it up, and after a few attempts to fly away, it stayed on my hand, opening and closing its wings. I walked about with it at home for about an hour, and finally deposited it on a leaf. When I went to check on it later it was gone. I realize now that perhaps I should have tried to follow its intended flight path, crossing the street and leaving it on the other side.

One day, in search of a possible link between the scarcity of butterfly sightings and the proliferation of devices made with radioactive rare earths, I Googled *butterfly* and *smartphone* together.

I found page after page of references to smartphones’ rendering of color, borrowed from the way light reflects iridescence from butterflies’ wings. Future developments will include imitation of the irregular structure of the transparent glasswing butterflies’ wings to eliminate most reflections from any angle, reducing glare almost completely for e-reading.

Have we been borrowing properties of their legendary wing-dust for use in devices that may be distressing them?

Butterflies and bees both vanished in alarming numbers shortly after smartphones proliferated. Mites, pesticides, habitat fragmentation, and for bees, agribusiness moving them constantly between areas—all of these contribute to their decline, but

these population hazards have been in evidence for a longer time. Since the 1970s, a beekeeper told me, the mites have been an issue, though they tend to be cited sometimes as the major culprit, as if they were a newer development than they are.

The simultaneity of sudden massive bee colony collapse and vanishing butterflies with the availability and ubiquity of phones that are now powerful miniature computers transmitting what is ironically called a beehive world, may be related. The devices are capable of so many functions that it becomes tempting to use them incessantly.

I pictured the synchronicity not as a direct causal sequence, but a critical mass of many factors spilling over in a cascade of distress for creatures that are demonstrably sensitive to, and dependent on, perception of magnetic fields. Some beekeepers concur, saying that if the cause were illness, there would be more dead bees found near hives.

There is not much research in that area, but I found several articles, many in small, scholastic fonts not intended to be sensational. Experimental results indicate stress and behavioral changes: bees giving off agitated noises, significant numbers of them showing an increased tendency to swarm or be aggressive, reacting in definite ways to phones in talk mode or crawling away from phones laid on the grass. Ants moving house, taking their nymphs and pupae with them, when mobile phones are placed under their nests, and returning when the phones are removed, some moving their legs with difficulty, or not progressing toward their normal food sites as usual.

There is no clear conclusion that the phones or cell towers are actually killing them, though one beekeeper reported disoriented bees foraging in the winter instead of summer and dying of cold.

And what about humans? We have magnetite in our bodies, too, which may be capable of detecting fields. Much of ours is in the area of our noses (birds have it in and behind their beaks.) The ethmoid bone bridges the nose with the brain. It is named for a sieve because it contains little perforations to allow air to move, sinuses that connect with the frontal ones behind the face. In migratory animals and birds, the deposits of magnetite behind their beaks enable them to read the electromagnetic fields of the earth. Could it aid in sensing specifically earth-based magnetism, transmitted in part through minerals encased in rock?



In humans, the magnetite is said to be vestigial. But is it, really?

In humans, the magnetite is said to be vestigial. But is it, really? How many of us experience a sense of pressure behind the nose, or vertigo, when exposed to intense electromagnetic fields?

Birds, bees, and butterflies, creatures that spend a good part of their time not tethered to the ground, have additional means of sensing the fields through sight. Cryptochrome in their eyes enables them to see fields in a blue light. Was this developed in birds after they took to the sky, with the beak magnetite a “vestige” of a more earthbound time?

Smartphones are much more in evidence than butterflies now. They float through air, cradled in human hands. Their rectangular shapes and smooth surfaces dominate visually, within a worldwide mesh of invisible signals and fields, communication and tracking. It’s a field laid out on a grid of little squares, sampling elusive waves of life.

Bowed heads and eyes cast down are in evidence up and down city streets in the “developed” parts of the world. The beehive realm plucks at humans constantly through electronic media, souls on a short leash.

A friend tells me a dream—she and other people are removing small white insects from their bodies. “This is how they control us,” a dream character tells her.



Smartphones are much more in evidence than butterflies now. They float through air, cradled in human hands.

The connectivity is exciting, though glazed with abstraction. A digital screen’s molecules are impervious compared to paper’s reception of ink or paint, or indeed of human DNA. The continuity is cerebral, visual and aural, electric and psychic. Energy that would move directly through arm and hand to paper through the medium of

pen or brush is truncated by keyboards, detached a few degrees from the inhabited body/soul. The deeply instinctive senses of smell, taste, and body-balance are excluded.

Soul and personality do find their ways through the grid. Their energies will use anything at hand to feed the hunger for connection. They will even blaze through wires and wifi to transmit ranges of emotion and human warmth.



Ghostly and weighty at once, the ships that link the world appear like strange floating lands.

What might the cost be, however, in terms of more direct connection, even at remote distance?

We used to wade in the symbolic waters of life that resonated and expanded, depth and reach accessible to attuned senses. Increasingly, we skate on the surface instead, seeming to cover distances in an often exciting and profitable flash.

About forty percent of us that is. A greater proportion of humans are left behind, almost invisible and inaudible. This includes many of those who work to make the grid possible: mining for rare earths that pollute their local water in the process, assembling machines in soul-sapping factories, or dismantling e-waste. Out of sight, out of mind, across an ocean plied by enormous container ships loaded with products destined for stores where people are able to buy them, in part because they are made by cheap labor, the whole sustained by trade agreements between relatively powerful worldwide entities.

Ghostly and weighty at once, the ships that link the world appear like strange floating lands.

One night I dreamed of an ancient road made of flint. It resembled a gleaming flint-piece I found once in England. The road ran north and south through countryside in the British Isles. The stone was like polished glass—deep blue and striated with luna-moth green. In it were reflected the stars of the Milky Way. The road was long, merging with the night, reaching into futures and emerging from the commonality of our ancestral past.

Flint, the spark of fire, the substance of ancient arrowheads, is a variety of chert, formed as nodules within sedimentary rock. Inside it is often glassy, as if naturally polished, often coated with an exterior of rougher slate. It is not clear how flint is formed. The glassy substance may be gelatinous silicon material—that mineral associated with communications and electronics—deposited and solidified in cavities of sediment, holes bored by crustaceans and mollusks. However it's generated, flint is one of the earliest technological materials, emblematic of human brilliance and ingenuity.



The minerals of communication are veins in the rocks we walk upon. Maybe one day we'll receive information and communicate through them without having to extract them.

Silica rock has been associated by some with the retention of ghost-voices that people hear at sites in England, like the ruined Glastonbury Cathedral, where a family friend, a skeptical and rational man, heard the chanting of long-deceased monks when he trod a particular path and ceased to hear them whenever he stepped off it.

The minerals of communication are veins in the rocks we walk upon. Maybe one day we'll receive information and communicate through them without having to extract them. It's possible that our ancestors did. There are legends about fairy-people who cannot touch iron, who avoid the metals wrested from earth that ended their way of life.

There is a grammar, a unified language, that all instinctively share even as it disperses into a dizzying variety of human speech, and animal gestures, and vocalizations reflecting diverse environments. When we must turn earthward again, and open to night skies salted with stars, we may recover lost languages, a reconnection to other animals, and to our fey ancestors.

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MOON'S DAUGHTER
by Irena

And the butterflies of fire and soul, the bees of sting and sweetness, might emerge from the vanishing burry havens and move through our lives and gardens again on planes of color and light.

Irena Nagler writes fiction, essay, and poetry, teaches environmental movement meditation, and is a visual and performing artist. She has been researching the environmental, social, and industrial underpinnings of current technology for nine years. Contact her by email at: birena@umich.edu

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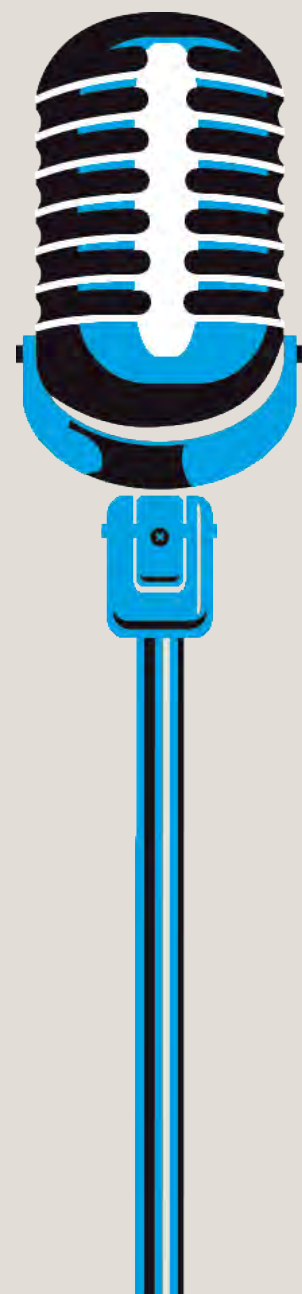
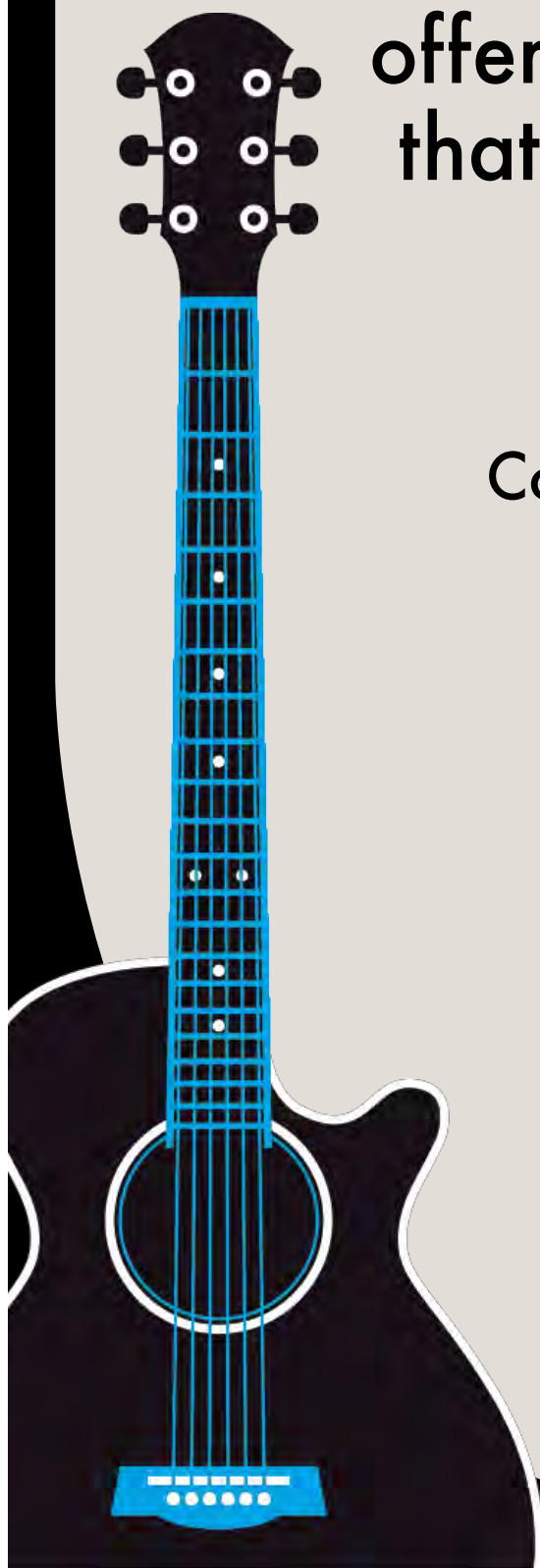
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"EACH EPOCH CREATES ITS OWN SPECIAL PULSE BEAT FOR THE ARTIST TO INTERPRET"

A Conversation with Local Artists John Gutoskey and Jen Talley



FEMINISM. BEAUTY. QUEER. ART.
PATRIOTISM. DEMOCRACY.

FEATURE CONTINUED ON NEXT PAGE



By Kirsten Mowrey
Photography by Fresh Coast Photography

THE ELECTION OF PRESIDENT TRUMP
HAS HAD AN UNEXPECTED OUTCOME:
VIGOROUS ART PRODUCTION.

The election of President Trump has had an unexpected outcome: vigorous art production. Expressive signs, creative slogans, snappy comebacks, elegant visuals, perceptive one liners, parodies, comedies, dramas across all art forms, expressing particular values, have emerged, especially among social groups the President mocks, degrades, and denies. In response, artists celebrate their existence, dreams, loves, goals, aspirations, and an expansive idea of “freedom and justice for all.”

Living abroad gave me insight to our particular democracy. America has always been about expansion of freedom, acceptance and compassion, a dream to strive for, not a sinecure to settle into. Modern citizens expand that dream beyond anything our nation’s founders imagined possible. Lady Liberty extends her arms of love to all who arrive here, and patriotism reveals itself in more ways than military service. Art taps into all these dreams, longings, difficulties, and frictions, and artists birth forms expressing these desires. Art can, as one interviewee said, save democracy.

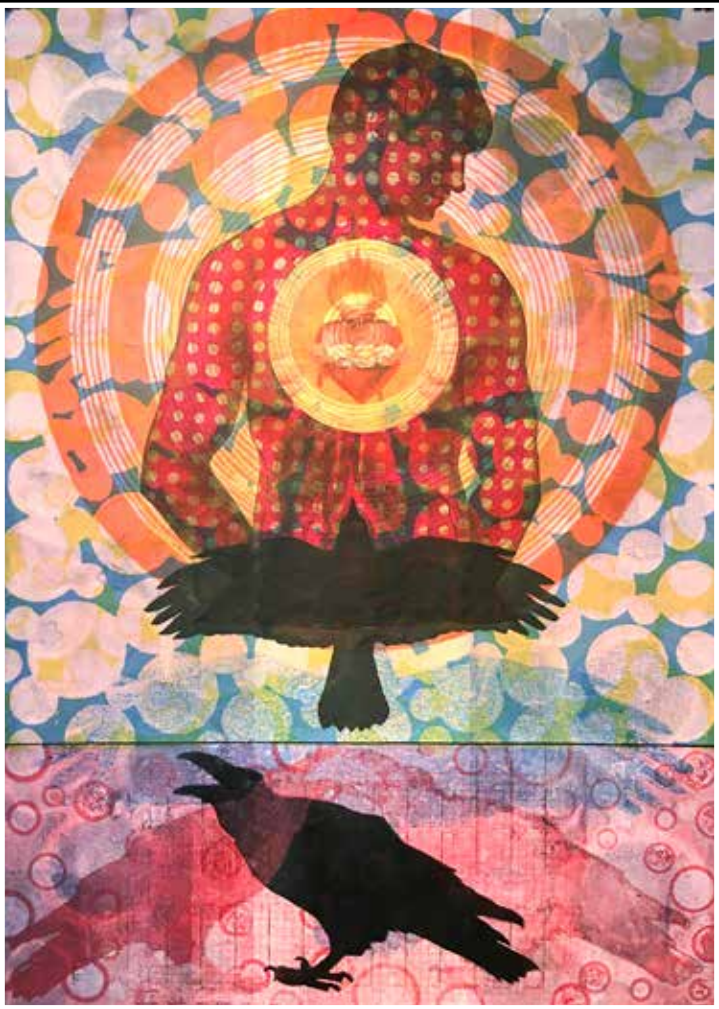
AMERICA HAS ALWAYS BEEN ABOUT
EXPANSION OF FREEDOM, ACCEPTANCE
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MODERN CITIZENS EXPAND THAT DREAM
BEYOND ANYTHING OUR NATION'S
FOUNDERS IMAGINED POSSIBLE.

The title quote is from e.e. cummings, an artist whose writing, at the time, sent the literary world into a spin. Nowadays, social media allows images to have the largest impact. Inspired by this, I spoke with two visual artists about the role of the artist in a democracy in times of political conflict. I chose artists that I knew, though their work is very different. I like both highbrow and commercial forms of art, because sometimes I desire thoughtful reflection of the world and other times I want to make a statement and wear my worldview.

When I met **John Gutoskey**, he was working as a massage therapist after a career in costume design. A bold outspoken presence, John then moved on to art, finishing a degree at the University of Michigan and winning the 2018 ArtPrize Juried 2D award for “PULSE Nightclub: 49 Elegies.” John lives on the Westside of Ann Arbor with his husband, Peter Sparling, and their home is an art piece in itself. I love the complexity of John’s works; the layers, textures, and variety of materials invite a lingering gaze to unpack the full meaning. Asked to summarize it, he said, “I’m an artist, a designer, a collector. I do assemblage work with found objects. I’m also a printmaker. Mostly I do mixed media. The PULSE Nightclub are all one of a kind mono-print mixed media. Meaning it’s woodblock, collage, linocuts, digital and photo lithographs, whatever medium I need to say what I’m saying.”

Initially I met **Jen Talley** through her work; her “May the Fierce Be With You” card was a perfect birthday message for my niece. More cards, a couple of t-shirts, and stickers followed. Jen’s images are clean lines, mostly pop culture characters with feminist messages — how can I **not** buy a “Here Comes the General” sticker with General Leia Organa on it? In person, Jen is soft spoken, as you would expect of a librarian at the University of Michigan. She summarized her art like this: “I make art for people who like stuff. It’s really simple, bright, cartoony, colorful — [with a] short and sweet kind of message. It can go on magnets and shirts and buttons. It’s an entirely commercial venture.” Her work often highlights diverse historical figures

PART OF THE "PULSE NIGHTCLUB: 49 ELEGIES" COLLECTION BY JOHN GUTOSKEY



"THE PULSE NIGHTCLUB ARE ALL ONE OF A KIND MONO-PRINT MIXED MEDIA. MEANING IT'S WOODBLOCK, COLLAGE, LINOCUTS, DIGITAL AND PHOTO LITHOGRAPHS, WHATEVER MEDIUM I NEED TO SAY WHAT I'M SAYING."

— John Gutoskey

JEN TALLEY ART AND DESIGN



"I'M JUST TRYING TO BE EMPOWERING FOR WOMEN IDENTIFIED PEOPLE AND NON-BINARY PEOPLE AND PEOPLE SEE IT AS BEING OVERTLY POLITICAL INSTEAD OF JUST BEING INCLUSIVE."

— Jen Talley

and makes them accessible. She is the owner of an eponymous store on Etsy, sells her designs through TeePublic and Redbubble, and lives with her family in Ann Arbor.

We got together in November of 2018, immediately after the midterm elections, at the Westgate branch of the Ann Arbor Library.

Kirsten Mowrey: Does anyone ever ask you about the political nature of your art?

Jen Talley: Yes. I do a lot of comic-cons, craft shows, art shows, especially this time of year. I do a lot of riffs on superheroes or women identified. Because my girls, when they were growing up — they are teenagers now — they wanted superhero stuff and it was hard to find, even ten years ago. I started drawing for them, making little things for them, and it branched out from there. I didn't start out trying to be political, but even doing that much, some people saw it as political, when you were looking at superheroes for girls.

I usually get a pretty positive reception. Sometimes I get people who roll their eyes and keep walking — that's fine, they aren't my target market. For the most part, people are pretty receptive: "This is great, I've been looking for this kind of thing, I can't find stuff like this." One of my best-selling things is a bunch of different girl characters that says, "She needed a hero, so that's what she became." I've had people say, "Why don't you make this stuff for boys?" Well, boys *have* this kind of stuff. It's interesting that even without an overtly political message, people see it as political. I'm just trying to be empowering for women identified people and non-binary people and people see it as being overtly political instead of just being inclusive.

John Gutoskey: That's how you know it's political: because you are talking about gender and the empowerment of girls and women and it pisses people off.

"I WAS COMING AT IT FROM THE QUEER ANGLE: THIS WAS AN EVENT THAT HAPPENED IN A SACRED SPACE, AKIN TO IT HAPPENING IN A MOSQUE OR A TEMPLE OR A CHURCH."
—JOHN GUTOSKEY

Kirsten Mowrey: John, you did "49 Elegies" about the Orlando nightclub shooting (this piece won ArtPrize Juried 2D in 2018). Did that get taken as a political piece?

John Gutoskey: To me the core of that piece is about gun violence, but it's not spoken about because it's a memorial piece. To me it's the elephant in the room about that: I am making elegies to 49 people because they were gunned down in a nightclub. I didn't think of that work when I made it as political. I understand how it can be interpreted that way and now I do see it as political, but making it, I wasn't approaching it politically. I was coming at it from the queer angle: this was an event

that happened in a sacred space, akin to it happening in a mosque or a temple or a church. That's what nightclubs are for most gay people, especially people my age and older, pre Internet — that was where you met people. That was where politically we organized and got together and start(ed) fighting for our rights and came out of the closet. And it really hit me hard when it happened.

I made it because I didn't know how to talk about it and I realized it resonated with the amount of death I experienced during the AIDS crisis. It was such a huge amount of gay people, killed so quickly. Initially I was furious, so I sat with that: Why was I so mad about this? And I started to think about the AIDS crisis. All those people are forgotten, and most likely these people are going to be forgotten. I'm in a place where I can make them not be forgotten and this could help me work through what I was feeling. What I wanted to say, I thought I could say it better visually, and I thought it would be an interesting thing to try to attempt to do.

An elegy form is more for a group as opposed to a eulogy, which is often just a person. It's an old Greek poetry form and the first section is you grieve, you grieve what was lost. The second section, you praise and admire, lift up what was lost. And then the last section is about consoling the people who were left behind. Which is what the whole idea is in the end, because it's the living who will see the piece. In the end, it is a political piece. It can't not be.

Kirsten Mowrey: You speak of consoling. Did you reach out to any families or have they heard about it?

John Gutoskey: I think they are starting to hear about it. I tried to get it in Orlando for the first anniversary. Nobody even wanted to talk about it. I think there was this fear that they were going to be known as this town where this massacre of gay people happened. In the second year I was able to find a place in Ypsi to show it and I think it was enough time from that event where people were starting to look at it.

I was contacted after the Ypsi show by someone at the historical society in the county that Orlando is in and they have a visual archive of Pulse and they wanted to have it in the archive in some manner. I responded to them, but I haven't heard back. It's actually going to go on tour, a company is going to take it up and promote it to museums. It's going to have a life, which for me is the best-case scenario for that piece. I don't want to sell a piece, because then it's 48 elegies, so the best thing to do is keep it together. I would like it to be seen. My hope is that it will get down to Orlando, at some point. (In February, John announced on Facebook that *49 Elegies* will be in Orlando on exhibit June 1 through September 22, 2019.)

The biggest question at ArtPrize is: *Did you know these people and is there a piece for each one?* When I initially thought about it, I thought I would do one for each of them, and within a day I was "this will never work." So, I did it in a different way, more poetically, more visual narrative.

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A Conversation with Local Artists John Gutoskey and Jen Talley

Continued from page 15



"WE ARE JUST BOMBARDED WITH NEGATIVE MESSAGES. IF YOU LOOK AT ANY DISCUSSION FORUM FOR ANY LENGTH OF TIME, YOU FEEL LIKE YOU NEED A SHOWER.... I'VE GOT TO PUT SOMETHING OUT THERE TO COUNTER THAT, IN WHATEVER SMALL WAY."
— Jen Talley

Kirsten Mowrey: Your work is very different. [To Jen] Yours are clean lines.

Jen Talley: Mine are trying to be commercial. I'm trying to sell stuff.

John: We're doing different things, coming at it from different angles. My art fair work was a lot different from what I'm making now. Because I was trying to make stuff that would sell and that was part of the equation.

Kirsten: Your pieces take me a while to unpack.

John: On purpose. I'm definitely a *more is more* in my fine art. I like layers, a lot of *you can't figure it out*, a lot of clues.

Jen: If you buy it, I will draw it. I feel like so much of our communication these days is through memes. It's a visual culture, and so many of those are negative. We are just bombarded with negative messages. If you look at any discussion forum for any length of time, you feel like you need a shower. People boil those down to the talking points, the memes and just the stupidest s--t, frankly. I've got to put something out there to counter that, in whatever small way. Looking forward I feel that's the only thing I am equipped to do right now, so that's what I'm doing. That "she needed a hero" image went moderately viral — it didn't get a million bazillion hits, but for me, it was 15 or 20 thousand times it was shared. That speaks to people looking for something positive, for these empowering messages, hopeful messages.

That's one of the things I love about doing comic-cons. It's just people who really love whatever their thing is. People make fun of that niche group, but those people are the most welcoming, most accepting, most generous groups of people. You get women doing cosplay as male characters, men doing women characters, you get cross racial stuff, all sorts of positive wonderful things. People doing all kinds of art,

so enthusiastic. People come up to my table and squeal and that's so affirming: OK, I'm doing the right thing. I'm making people happy just looking at it.

John: They are seeing themselves reflected, that's the other thing.

Jen: That's the most important thing of what I'm doing. Giving people that message, that little bit of joy and hope. There are good things in the world, it's not all just a trash fire. You need that so much right now.

"IN THE TIME MY PIECE WAS UP, IN A MONTH, THERE WERE 25 MASS SHOOTINGS. IN THAT FOUR WEEKS. PEOPLE ARE LOOKING FOR HOPE BECAUSE THE WORLD LOOKS REALLY DARK IN A LOT OF PLACES RIGHT NOW."
—JOHN GUTOSKEY

John: I think that's the thing that was so gratifying about ArtPrize, was to be able to stand there and see people respond to the work in the way that I hoped they would. That it was meant to be uplifting. It wasn't meant to be morbid, it was meant to make people think and be reflective and give people hope. It was gratifying have those conversations with people, see them weep at the work, want to talk about the work and being moved by it. Also giving them all a sense of hope. Everybody wanted to talk about guns. That was the other interesting thing, even though it's not there. In the time my piece was up, in a month, there were 25 mass shootings. In that four weeks. People are looking for hope because the world looks really dark in a lot of places right now.

Kirsten: This interview is prompted by a Toni Morrison essay talking about her feelings in 2004 after George Bush's election. She talked with a friend about her despair and inability to write; they tell her that those conditions are precisely when artists are needed. (You can read the full essay online: "No Place for Self-Pity, No Room for Fear.")

John: I read a quote after Trump was elected where an artist said if you have no ideas about what kind of work you should be making right now, you have no f-----g business being an artist right now. There's a lot of rich stuff to talk about. It's the upside about it, I think comedians feel the same way.

Jen: I have a Facebook page. Every time somebody says something stupid, someone tags me and says, "When am I going to have a t-shirt that says this?" and I'm like, "Give me five minutes!" They just keep coming up with more material for us.

John: Right, it's like they are writing it for you!

Jen: I did a "nevertheless she persisted" shirt.

John: I did those too.

Jen: At a show last year, because I have a Hillary Clinton magnet with a quote on it, [a man asked] if I had any Trump stuff. I said no. He got angry with me and said, "Well, you can't just have one or the other, you've got to have both." I said, "No, I can, this is my business. I can do whatever I want [John chuckling]. This isn't like airtime, I don't have to represent both sides here. I'm sure you can find plenty of Trump stuff somewhere else, go find that."

"...AFTER THE ELECTION WAS I WAS DEVASTATED.... SO FINALLY I ENDED UP DOING POSTERS... I STARTED SELLING THEM AND DONATING THE PROCEEDS TO ACLU, PLANNED PARENTHOOD, RAICES, SOUTHERN POVERTY LAW CENTER. IT WAS A WAY TO GET IN MY STUDIO AND MAKE AND ALSO FEEL LIKE I WAS DOING SOMETHING."
—JOHN GUTOSKEY

John: What happened to me after the election was I was devastated. I couldn't make what I was usually making, so finally I ended up doing posters. I made some to send to the women's march, some to use locally. I started selling them and donating the proceeds to ACLU, Planned Parenthood, RAICES, Southern Poverty Law Center. It was a way to get in my studio and make and also feel like I was doing something. Those were all overtly political and that was intentional. I got a couple of friends to come and help who were artists: "C'mon, we can make posters. I have a press. Let's make stuff." But I had been making stuff about gay issues for a decade or more.

I used to do the fair circuit and I would meet a lot of queer artists, but nobody was making anything about us. I thought, OK, I can understand why, probably be hard to sell at the art fairs, but I'm making that stuff, I should just bring some of it. Two things happened: I started to get into every show I applied for because they want diversity. Here I was putting this openly queer work in front of them, about gay marriage and "don't ask, don't tell." I was making work and it would get me into shows because nobody was doing it. And it sold. It wasn't my top seller, but it sold. And it didn't always sell to gay people, which was interesting to me, but it also pissed people off.

Kirsten: Did you get same confrontation that Jen did?

John: Rarely did I put it at the front of my booth. Usually I put pieces at the front of my booth that would get people to come in, like my mandalas. Stuff that would get people to talk to me. They would be so friendly and talking about my work and ‘la la la’ and then they’d go in my booth and see all my gay work. Turn around and f-----g just walk out. Not even look at me. Rarely did people get mad at me, occasionally they’d go ‘hunh hunh hunh’ but nobody every confronted me, most just walked away. They weren’t in your face kind of stuff, but it still upset people. I started to do that when Bush was president.

Jen: I think people are more likely to be confrontational now. Ten years ago they might roll their eyes and walk away. They are more empowered now to say something nasty and to feel like they have a right.

John: Like that guy telling you you should represent everyone, right, because his beliefs are different than yours. Which misses the whole point of free speech, but how do you educate the stupid? I feel like so much of my work now is political because I’m addressing queerness. Just by doing that it’s political. I’m doing that because it’s interesting to me.

Kirsten: Has queerness changed with the election of a gay governor or gay marriage?

John: I was at a party last week and an enormous amount of my friends are raising transgender kids, many of them teenagers. A phenomenal amount, it blows my mind in a way. It’s not just kids who are gay; they are trans, they are gender fluid, they don’t identify in either way. Think about it, that’s a gigantic leap forward. I really believe that’s why the Right is so furious, it’s really about the trans issue, because it pushes all their buttons.

Kirsten: I see you nod [to Jen].

Jen: My 15-year-old is nonbinary, came out last year as nonbinary. Ann Arbor is a hugely supportive environment. I’m so grateful we’re someplace where they [Jen’s nonbinary child uses they/them pronouns] are accepted. Since they’ve come out they are happier and more content than I’ve ever seen and still it’s not easy. My entire family is accepting. My parents, who are traditionally conservative, are “we



“...AN ENORMOUS AMOUNT OF MY FRIENDS ARE RAISING TRANSGENDER KIDS, MANY OF THEM TEENAGERS. A PHENOMENAL AMOUNT, IT BLOWS MY MIND IN A WAY. IT’S NOT JUST KIDS WHO ARE GAY; THEY ARE TRANS, THEY ARE GENDER FLUID, THEY DON’T IDENTIFY IN EITHER WAY.”

— John Gutoskey



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want them to be happy.” But I see my child worrying about things like: Are trans people going to be considered people? Which is not something that a fifteen-year-old should be worried about.

John: I worried about that as a queer kid, coming out in the ‘70s and ‘80s, coming out to myself. That’s what you worry about. I know that’s what my parents were worried about. I think it was less that I was gay than how hard my life was going to be.

Jen: For my kids, I want them to be happy, I want them to be who they are. I also don’t want them to be persecuted, obviously, because they are my children.

John: It’s because of [active shooter training] and the trans stuff that I can’t not be political right now. I’m making pieces right now with American flags. I never thought I would do that. I’m not big on that as a symbol, I’m not a ‘rah rah’ patriot type of person. Because I’m gay, I’m always skeptical of the government and I don’t trust them. I’m not paranoid and conspiracy, but they have to be watched because they do not have our best interests at heart most of the time. I feel like there’s too much to speak about right now.

Jen: I feel like everything is political — your life is political! When Dana Nessel brought up her wife on stage and kissed her, I saw comments that said, “Well, why do you have to shove it in my face? I don’t care what you do in your bedroom.”

John: Well, every time you talk about your children you are shoving your heterosexuality in front of my face, and every time you talk about your wife, you’re doing the same thing.

“I GREW UP IN A FUNDAMENTALIST CHURCH OUT IN THE COUNTRY.... THERE WERE NO KIDS WHO WERE OUT IN MY HIGH SCHOOL. THERE WERE A COUPLE WHO CAME OUT AFTER HIGH SCHOOL AND IT WAS HUGE GOSSIP: *Did you hear?...*”
—JEN TALLEY

Jen: But they don’t think of that as political, it’s just “the norm.” I was raised really sheltered. I grew up in a fundamentalist church out in the country. I grew up in Michigan, but my parents are from Alabama and Tennessee, super conservative, super religious. Until I went to college I didn’t know any of this. There were no kids who were out in my high school. There were a couple who came out after high school and it was huge gossip: *Did you hear?...* There wasn’t a lot of diversity.

A Conversation with Local Artists John Gutoskey and Jen Talley

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It wasn't until I came to U-M for college and it was "look at all these people from everywhere" and it's amazing. I can see how some people have the opposite reaction, they want to go back into a huddle where they understand everything. That's why I can't ignore that stuff. I can't just make cute art and *not have it* reflect my life, my kids' lives, and lives of the people who want to wear it and hang it on their wall.

"THE REASON I WAS SO OUT EARLY, I JUST
FEEL LIKE IT WAS IMPORTANT TO BE OUT,
TO NORMALIZE IT IN A WAY, TO START
BEING THE GAY PERSON IN THE ROOM, TO
MAKE PEOPLE REALIZE WE ARE EVERYWHERE."
—JOHN GUTOSKEY

John: Even where I grew up [in Cleveland] it was barely talked about. The kind of work I need to make as a gay person — it's not going to get made otherwise. The reason I was so out early, I just feel like it was important to be out, to normalize it in a way, to start being the gay person in the room, to make people realize we are everywhere.

Kirsten: You doing that makes it possible for [turns to Jen] your child to come out as nonbinary.

John: We are on each other's shoulders. I was at this party and this friend was saying about how worried she is about her child who had come out as trans and I was [saying], "Oh, I totally understand how you feel that way, but listen, how far we have come! We have come so far in my lifetime. I'm gay married! I never even thought that would be a possibility when I was a young man."

That trans kids can out themselves and be OK in the world, that's a miracle to me. I think that's also why we are experiencing the backlash. We've experienced it before, whenever there's great progressive social movement, there's a huge backlash. It's always what happens.

These trans kids saying, "I'm not going to live in your binary, I'm not going to live your heteronormative lifestyle because that's not who I am," it scares the f-----g crap out of them (Conservatives, Trump supporters). It just does, because then they have to start looking at male and female and how they approach it. And they don't want to look at it, they want to stay in it. It shows the lie of heteronormativity. It shows how gender is not natural, not essential, you are not born gendered, it's learned. It's so entrenched in our culture. But that we are seeing this, that's hopeful to me. I know a lot of people are worried about the world, but really, we're not going backwards. It may be a tough fight, but it's always been. It's never been easy to get our rights.

But it's changing, we're changing. It's better, it's definitely better. Don't let anybody tell you otherwise. As we were leaving the party, her husband came up to me and said thank you for saying that to her, because she's been so worried. She forgets how much progress has been made in sexuality and the acceptance of people outside of that heteronormative. [To Jen] I hope you feel that.

Kirsten: I was reading about e.e. cummings. He wrote: "Each epoch creates its own special pulse beat for the artist to interpret." Is trans one of those pieces for artists to interpret?

Jen: A huge part of the conversation right now is representation: How far do we go, where is the line between representation, [what's] representative, and taking that representation away from artists who represent that piece?

I've confronted that in myself. I've done a little sketch of Maxine Waters (the most senior African American woman currently serving in Congress), that said "reclaiming her time" and even [with] that I had to interrogate myself: OK, is this something that's OK for me to make? I said, OK, yes, I can do this.

Then somebody asked me to make something about how white women have voted versus black women and how white women, we need to come collect ourselves. Somebody asked me to do something [like] "vote like a black woman." I can't do that. That's something a black person needs to make and profit from. It's nebulous and hard to explain sometimes and you just have to know where that line is. I make little cartoon characters and I try to represent people of every nationality, race, gender, and presentation and I'm presenting them as who they were or are. I'm not trying to make art that speaks for them.

John: You should be sensitive, you should be conscious. I think that's a good thing. You have to parse that when you are making work: Is this stuff I can talk to? Can I speak to this in a way that isn't going to offend people? Is it my culture to speak about? I can't go make art about trans people; I'm not trans, it's not my life experience. It's why that work needs to be made.

There was just a show in New York at the Leslie-Lohman Museum, LGBTQ art by trans people. Even doing the *PULSE Nightclub*, I'm not Latino, it was Latin night that night. I tried to incorporate that into the work, to be sensitive to a culture that's not mine. Though I was raised Roman Catholic and there's a lot of crossover in terms of the symbolism, but I didn't go into it lightly. It took me a few weeks to decide how I was going to do it.

Jen: Since I've started wholesaling, I've had people buy my posters and things for stores in Detroit, Wayne County, and Lansing that are more oriented toward people of color, because they are represented. I feel great about that, that women of color have looked at my art and said, "That's fantastic."

Somebody at a show I was at, a black woman, got really happy because I had Yaa Asantewaa, an African queen who battled off colonialists for years. She said, "I can't believe you know who that is!" She bought the poster and said, "I'm going to hang it in my classroom!" That made me feel great, because that's what I'm going for. And some white kid is going to look at that poster and find out who Yaa is and look her up and say, "Wow, I didn't know African women did this in the 1800's when women in the United States couldn't vote or own property." They will find there are other ways of looking at things, other ways of thinking about things. I try to make that accessible.

That's a way of using my privilege. I'm a middle aged, middle income white woman who can be approachable to people who might be scared of talking to the black artist or the gay artist or whatever and I can say: Here's some stuff for you to look at and think about that may take you down those paths.

John: I think I spoke to that when I spoke about being out. It's that same thing; it's using my privilege as a white man, because I can go to places and out myself. It's not always comfortable. It's certainly not a problem anymore, but two decades ago it was a very different experience.

The license people feel they have now to be violent verbally, to express their rage and intolerance publicly, that's what's scary. That's what's different. People don't feel they have to be polite, decent, or civil anymore, and that's the part that makes me nervous. There's too much hair trigger, too many guns, and we're seeing what the effect of that is.

Kirsten: Do you feel it's scary to be an artist making these kinds of statements, with that?

John: I do — a lot of my Trump stuff, I put ART, Artists Resisting Trump, and not my name. Even though I'm posting it, I've not wanted to identify my name with it, because of that.

Jen: A little bit. When the Kavanaugh hearings were going on, a friend who lives in Salt Lake City was doing a protest at a public park, protesting every day. I was inspired by her, but my life doesn't allow me to go stand on the same corner every day for an hour. So I got oil paint markers and wrote on the back of my car: *Believe women. Believe survivors.* The first couple times I drove around, even in Ann Arbor, I felt nervous.

This statement should not be controversial, but I felt like "Is someone going to ram my bumper?" If that makes me nervous, to drive around here, it's the least I can do to support the people who are really putting themselves out there.

A Conversation with Local Artists John Gutoskey and Jen Talley

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little quiet thing and still [make a difference]. I started doing this kind of work after I had kids and thinking about what kind of world are we making for them. It wasn't so depressing right when I was having kids because Obama was president. Two years ago, I thought, *What kind of world are we making for our kids?*

"SO I GOT OIL PAINT MARKERS AND WROTE ON THE BACK OF MY CAR: BELIEVE WOMEN. BELIEVE SURVIVORS.... IF THAT MAKES ME NERVOUS, TO DRIVE AROUND HERE, IT'S THE LEAST I CAN DO TO SUPPORT THE PEOPLE WHO ARE REALLY PUTTING THEMSELVES OUT THERE."
—JEN TALLEY

John: That's what makes Trump so hard, coming out of that.

Jen: Looking at my kids, my kids are having a really hard time. Being 12 and 15, they've only ever really known hope and change, and Obama as president. Now they are like, "What the bleep is going on? What the heck is going on?"

Kirsten: Is it affecting your art?

Jen: It is. I'm trying to stay positive for them. Two years ago, after the election, waking up my then ten-year-old daughter and telling her that Hillary Clinton was not president was one of the hardest things I have ever had to do. She was so invested: she had the bobble head figure, stickers — she was, "A girl is going to be president!" I know a lot of little girls who felt that way. You see those pictures of little girls meeting her and looking up to her [makes an awestruck face]; makes me cry just thinking about it.



[My daughter] went to bed well before any of that nonsense happened. I was up half the night, unable to sleep and then I had to wake her up. I said, "Got some bad news." She was just so angry, just so angry. "That's not fair!" "No, it's not. What are we going to do about it?" We have to channel that anger, channel this ten year old's anger.

That's what has really inspired me to do these: kids like them, parents like them, grandparents like them. It makes my message more palatable, more accessible to people who might not necessarily think about feminism or racism or intersectionality in those ways. But they might go "Oh, cool alphabet poster for my granddaughter's room," not realizing that one of them is a trans woman, one is a 19th century Swedish woman who joined the Swedish army and married a woman and went to trial for it and was clearly a trans man, but they didn't have a vocabulary for them. Not realize some of the subversive messages that are in this comic sketch of these people. I feel like that's what I can put out there. Like Mae Jemison (African American astronaut). My now 15-year-old did a poster on Mae Jemison when they were in second grade. I was like, "Why don't we know about her? She did all this cool stuff!"



"...WHOEVER CONTROLS THE DISCOURSE HOLDS THE POWER TO CREATE THE REALITY. SO BY DOING WHAT SHE'S DOING, AND DOING WHAT I'M DOING, AND WHAT ANY ARTIST IS DOING, IS PUTTING OUT A DIFFERENT DISCOURSE.... A LANGUAGE THAT CREATES THIS NEW REALITY."
—JOHN GUTOSKEY

John: Because white men write the history books.

Jen: There's so many ways of usurping the patriarchy, of getting under the skin of the white supremacist, of making your point without it having to be a huge statement. You can still get your thing out there. That's what I'm doing in my little way.

Kirsten: Any final things to say about art in these times?

John: We need it more than ever. Art helps create social change, art can express things memorably in ways that words can't. We are a visual culture now. In some ways it's the easiest way to communicate, but it's *how do you break through?* That's the downside, we are so inundated with visual images. But I think people are more savvy, more visually educated than they are verbally now, more comfortable with visuals than language.

John Gutoskey's recent work can be seen on his Facebook page or his website: www.johngutoskeystudio.com. Jen Talley's work can be seen on www.jentalley.com.

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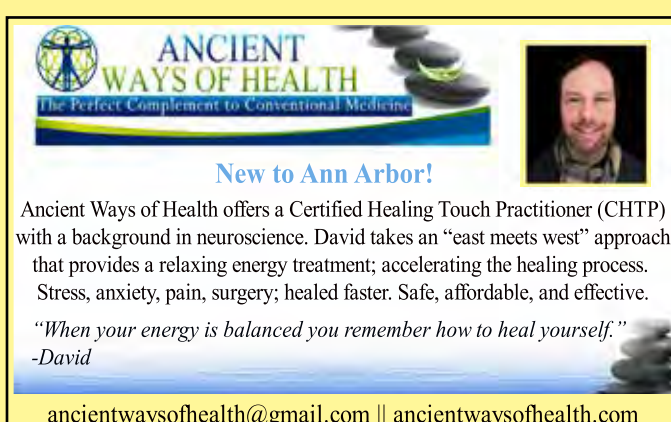


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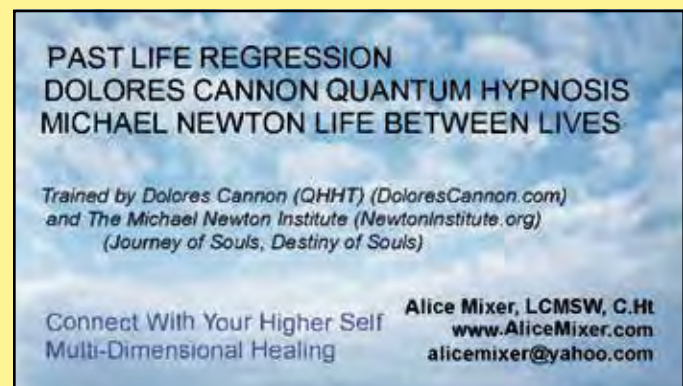


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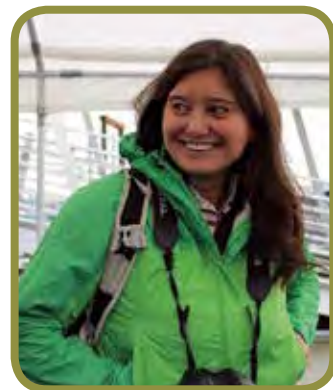
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Crysta Goes Visiting

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.

Eat Your Way Around the World With Chrissy Barua



Local blogger Chrissy Barua has lived in many different places. “I lived in Florida until I was 14 when my family relocated to Flint, MI. After high school, I hopped around various places for school: South Bend, New Orleans, D.C., and London before settling in Chicago for ten years,” she said. Two years ago she moved back to Michigan to be closer to her mother.

Barua launched her blog *The Hungary Buddha Eats the World* in 2012 “on a complete whim.” She told me, “My friend and I had just returned from a trip to Ireland (where the food is fantastic!) and I was

back home lamenting how boring my everyday food was. In an attempt to eat at home as well as I eat on my travels, I decided that I would ‘cook the world’ from the comfort of my own home.”

The name comes from her heritage. “My mom is Hungarian/Czech and my dad was Burmese. So much [of] what I love about food and the traditions surrounding it came from my parents, so the name fit. Plus, I liked the play on words with Hungary/hungry!”

She posts three times per week, “two recipes and a Sunday roundup of all my favorite readings from the internet each week.” The truly enticing recipes come from several sources; family recipes, restaurant recreations, magazines, friends – anywhere! Barua is self-taught photographer, and the pictures that she posts on her blog are beautiful and mouthwatering, taking us readers on a real food journey. I can almost smell the fresh parsley and minced garlic in February’s Chicken Vesuvio right through my computer screen.



“The blog has opened more doors for me than I could have imagined!” Barua said. “I do work with brands, and some have been more behind the scenes, doing recipe development, which I frankly love doing the most, and food and travel writing for some large and small media outlets.” Barua also made friends in the vast blogging community of Chicago, has attended exclusive events, won contests, and “collaborat[ed] with some cool outlets. I’ve even been on TV a few times!”

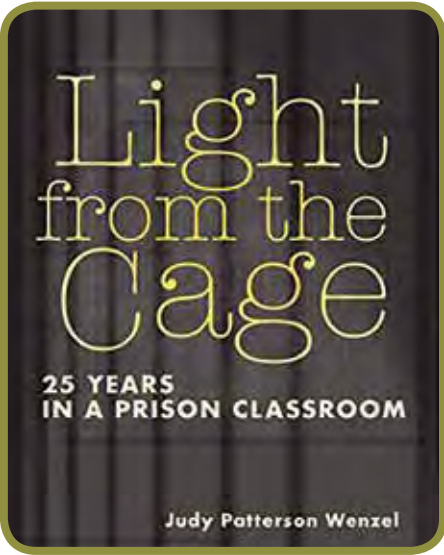
Barua hopes to continue working with other businesses and brands via her blog in the future “both national and locally.” Blogging from Michigan has proven to be different than when she was in Chicago. “It’s taken me a bit to figure it out, and how I can continue to contribute to that scene, perhaps in different ways than I have in the past,” she said. “Blogging has always been a passion project for me, and it allows me to scratch the creative itch that neither being an attorney nor a fundraiser has scratched. It’s something that I love doing, and I have become very proud of what it’s become. As for the future of it, I truly believe the sky’s the limit!”

Visit Chrissy Barua’s blog at thehungarybuddha.com. She can be contacted at thehungarybuddha@gmail.com.

Inside the Cage with Teacher and Author Judy Wenzel

“I was totally unprepared for teaching in a federal prison after growing up and raising a family in Northern Michigan,” said Judy Wenzel, local author of the book *Light from the Cage: 25 Years in a Prison Classroom*. Wanting to move from elementary to secondary education, Wenzel came to Ann Arbor to become certified in English and social studies at the University of Michigan. “When a job did not appear by September, I put my name on area substitute lists. A woman in the office in Milan said, ‘Why don’t you check across the hall in the Community Ed office? There’s a full-time high school program at the federal prison across the road, and they’re looking for teachers.’ I was hired immediately, and I say now that a short walk across the hall changed my life.”

In her 25 years as a teacher with the prison system, Wenzel “watched mass incarceration grow as more and more young Black, Hispanic, and Native American men were being convicted of drug offenses from the inner cities and around the country.” She admitted, “I had a steep learning curve to meet the needs of men who needed materials and lessons in their own culture and history.... Diverse materials were scarce in the 1980s, but became better and better.”



“After so many years and knowing so many men who were compassionate and caring, funny and winsome, I wanted people outside the fence to know who they were — and how important education was — and is.”

— Judy Wenzel

Wenzel knew that there were important stories that needed to be told, and “with the help of [her] inmate classroom aide,” she organized several years’ worth of notes and papers, and, after retiring in 2010, Wenzel wrote her book. “Much of that time was taken up with building a platform needed to interest any big publishers,” she shared. “I was getting very discouraged when a friend told me about Fifth Avenue Press, the new publishing program at the Ann Arbor District Library. I cannot say enough about how helpful and encouraging they were!” (For more information of Fifth Avenue Press, see the *Crysta Goes Visiting Column* in Issue #70)

“I am not surprised to hear negative attitudes about our citizens behind bars. The combination of our extreme punitive policies, depictions on TV, and the power of the prison fence with its double rows of razor wire do not send any positive messages,” Wenzel said. “After so many years and knowing so many men who were

“In an attempt to eat at home as well as I eat on my travels, I decided that I would ‘cook the world’ from the comfort of my own home.”
— Chrissy Barua

compassionate and caring, funny and winsome, I wanted people outside the fence to know who they were – and how important education was – and is.... My students' stories are compelling, poignant and funny, and I've loved sharing my men with all kinds of groups in the last few years."

Wenzel was clearly inspired by her students. "I could not have asked for a richer or more diverse classroom, and I learned as much as I taught. I made a lot of mistakes, but can see now that the mistakes made me a better teacher."

Judy Wenzel can be reached for books or to talk to groups at judypwenzel@gmail.com or 734-994-1389. Her book is available wherever books are sold and for check-out at the Ann Arbor District Library.

Rethink Skincare with Sri Lankipalli

While perusing the soaps and lotions at local artisan market The Eyrie, my eyes were drawn to one brand in particular. Petals + Butter the labels read, and they were decorated with bright watercolor flowers and included peaceful phrases like "relax," "set a positive intention," and "inhale mindfully" in the directions. This was a skincare line clearly made for people like me, who can use these kinds of gentle reminders. So I tracked down the person behind Petals + Butter, Sri Lankipalli, a smart young woman with a bright smile, to learn more about what inspired her to create her skincare line.



Lankipalli originates from "a diverse little town in South India called Chittoor." She first came to Michigan in 2013 to pursue a master's degree in Information Systems at Eastern Michigan University. "I still remember the moment I stepped out of the airport in Detroit to be hit by the coldest wind I ever experienced in my whole life."

Lankipalli uses the traditional herbal grains, masks, and oils that she used growing up and that have "been passed down generations in most traditional Indian families."

When it came to skin care, she said, "Growing up ... my skincare was pretty simple, and it was a traditional grains and herbs recipe passed down through generations in the family.... When I came to the U.S. and went to Meijer for the first time, my mind practically exploded at the variety of everything! Shampoos, lotions, soaps, washes." Lankipalli bought "a ton of stuff" and used these U.S. products for the next two years. But, "My skin would burn and didn't have its natural glow anymore."

The reason didn't occur to her until she returned home for a visit. "My mom gave me our traditional stuff for shower. And the change I felt in my skin was instant! I came back swearing I am never using anything but my traditional skincare products," she said. A later trip to Czechia, where she found life to be simpler than in the U.S., cemented her desire to live "a clean, simple, and joyful life." She continued, "That was when I thought, I can introduce natural alternatives to skincare to the Western world. And my parents were such supporters of me and my ideas, that they couriered me all the ingredients and herbs I needed."

Lankipalli uses the traditional herbal grains, masks, and oils that she used growing up and that have "been passed down generations in most traditional Indian families.... My teachers are the various Ayurvedhic books and herbalism books and my mom and grandma."

Her sources are direct. "Some herbs and grains are native to India and my parents source them directly from small scale farmers there, wash and dry them in our home, take them to the local mills to grind them to fine powder and ship them to me in small batches so they stay fresh," she said. "I grow some botanicals and herbs in my backyard. Butters like cocoa and shea and organic oils, I get from a local person, Jerome, who gets them from Ghana.... If there are other essentials I cannot find locally, I try to order them from ethical or small scale companies online. The idea is to keep money within the community, you see."

Lankipalli keeps her prices low so that people of every income level can afford them, believing "every class of the society deserves to enjoy simple joys of life."

Find Sri Lankipalli online at petalsandbutters.etsy.com. Reach her through Facebook and Instagram @ petalsandbutters. Petals + Butters products can be found at The Ypsilanti Food Co-Op

and The Eyrie in Ypsilanti, McPherson Local in Saline, Provence Bath and Kitchen Boutique in Dexter, and Made in The Mitten in Royal Oak.



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LEAPS OF FAITH

TALES OF LOCAL BUSINESSES

By Tracy Scherdt

This column is a look at brave souls who have taken a leap of faith to open their own businesses in and around Ann Arbor. What follows are personal profiles of business owners following their dreams and thriving despite the odds.

Unicorn Feed & Supply: Feed Your Happy Place in Downtown Ypsi

The first thing you’ll notice when you walk into downtown Ypsilanti’s Unicorn Feed and Supply is Reginald Peppercorn, the life-size unicorn who greets you from his permanent place at the entrance. In true character of this community-centric retail shop, it was not Jen Eastridge, the owner of Unicorn Feed and Supply, who chose Reginald’s name, but the Ypsilanti community. “I had hundreds of entries in June and July of what he should be named, and then we narrowed it down to the top ten, put out a poll on social media, and they voted on Reginald Peppercorn. Some people call him ‘Reggie Pep’ for short,” said Eastridge.



Jen Eastridge and Reginald Peppercorn

“On my business card, under our logo, it says feed your unicorn, feed your happy place, because I play on the figurative idea that Unicorn Feed is feeding the magical, special place that lives inside each of us.”

~ Jen Eastridge

Reggie Pep is undeniably special, bringing happiness to visitors of all ages and making Unicorn Feed and Supply a special destination. Happiness is truly at the heart of Unicorn Feed and Supply, and it is the reason that Eastridge decided to open a business in Ypsilanti. “I wasn’t sure, but knew I wanted to be a part of the resurgence of downtown Ypsi. I wanted to invest in the community, and I wanted to help bring joy, because life is hard sometimes, and I choose joy. And I wanted, literally, to do something that would bring happiness to people.”

Reggie Pep is undeniably special, bringing happiness to visitors of all ages and making Unicorn Feed and Supply a special destination.

Eastridge grew up all around Ohio and moved to Ypsilanti for the first time in 2005. Her wife, P.K., had come here for a professorship at Eastern and they lived happily in College Heights. They kept their home in Ohio as well, hoping to retire there together someday. They would travel back and forth between Ypsilanti and Ohio often and shared a happy life in both places. Eastridge lived with P.K. in Ypsilanti until 2013 when P.K. was diagnosed with brain cancer and the couple moved back to ...Ohio full time. Unfortunately, P.K. passed away two years later.

This incredible loss led Eastridge to a pivotal moment in her life, and she knew that when she was able to move forward, her next chapter had to be in Ypsilanti. So, she made the daring choice to start over completely. “At 43 I sold my home that I owned in Ohio, sold and donated almost everything of 43 years of life, and gave myself a small pod of things to keep,” said Eastridge, “and one of the things I kept is my childhood sticker collection”.

You might ask, “why a sticker collection?”, and you wouldn’t be alone in wondering this. Over a year ago Eastridge was sitting with her friends and girlfriend in her friend’s kitchen, and they, too, asked about the importance of this collection. “The conversation about the sticker collection was “What is so special about it? Why keep it?” and really the answer is that it feeds my happy place. And that is it. It just makes me happy every time I look at it. And it makes other people happy.”

This incredible loss led Eastridge to a pivotal moment in her life, and she knew that when she was able to move forward, her next chapter had to be in Ypsilanti.

This conversation about the sticker collection was also the start of Unicorn Feed and Supply, a business born out of Eastridge’s own happy place in the hope that everybody can find their happy place in the shop. “On my business card, under our logo, it says *feed your unicorn, feed your happy place*, because I play on the figurative idea that Unicorn Feed is feeding the magical, special place that lives inside each of us.” Eastridge even calls her staff “unicorns”, emphasizing that we’re *all* unicorns.

She keeps this sticker collection at the shop, and if you care to take a look, she’s more than happy to show you. “A lot of people ask me on the daily ‘How in the world did you come up with this? What is this about?’ and I literally say *happiness* and some people are like ‘Hmm, is that really what it’s about?’ Yeah, actually, actually it is,” said Eastridge confidently.

What originated as being just the sliver of a sticker shop, turned into a much bigger endeavor. Her store has become a delightful explosion of stickers, glitter, fairies, socks, stuffed animals, birthday cards, mermaid tails, candles, and room décor. Those are just a few things you’ll find in Unicorn Feed and Supply as you explore the wonderfully colorful shop. It is very important to Eastridge that she has something for everybody and that her store is inclusive. “I’m a super proud queer business owner and so I wanted a pride section that is all year long. I wanted to have a mermaid section, I wanted to have a fairy garden section, I wanted fun costume-y things for young people, and I wanted the sticker section.”

In fact, the opening date for Unicorn Feed and Supply was set on Pride of last year, June 1st. Eastridge and her staff of unicorns are looking forward to this year’s Pride celebration and their one year anniversary, as well as the number of other events they have planned. In only nine short months, Eastridge has already made her commitment to the Ypsilanti community a strong pillar of her business, coordinating and participating in a diverse range of events from Girl’s Night Out to Ypsi’s First Fridays, which run from April through December. “I like the idea of being creative and working with people on what it is that makes them happy. We did a 21+ ticketed event, the Mermaid Party, in November, and that was amazing; it was at Bona Sera Underground and that was a lot of fun. We’ll do that again, that’ll be an annual event. This year I’m really focusing on upping our workshops. We have terrarium workshops coming up, nail art workshops, mermaid bath bombs, succulent planters, gratitude journaling, you name it.”

Unicorn Feed and Supply is also renovating their space now to make room for even more parties and events. Eastridge shared

some of her vision for future events at the store. “I very much understand and believe that people really are more about the experience now than they are about necessarily going and getting something. And so that’s why we’re turning the old office and kitchen into a year-round workshop and party room, because we have many people come and say, ‘My 5-year-old really wants a unicorn party’ or ‘Do you throw parties here? Please?’ I would love to cater to even groups and/or businesses/offices that want to have a private party event, like an after-hours. We close at seven, so if somebody wanted to have a 21st birthday party with their friends, and they wanted to throw it here because we have adorable flasks and fun different things, you can bring your cake in here, you can serve your things and make it a fun little night or a fun place to stop in and do a private hour of shopping with just you and your girlfriends before going to dinner.”

The Ypsilanti community is near and dear to Eastridge’s heart, which is why she wants to continually be a part of community-building events in the city. “I am proud to be here, and excited to be here, and want Ypsi to not just survive, but I want it to thrive, and I want to be a part of that. I want to make that happen, and I will make that happen,” said Eastridge. “I call Ypsilanti my perfect punk Rockwellian town because I was thinking of it one time and I said, you know, it’s like a Norman Rockwell painting, but everybody’s pierced and has cool funky hair, and tattoos, you know, it’s like, ‘That’s my town’. That’s my town.”

Eastridge was even asked to join the Downtown Development Authority because of her strong community presence. When I arrived at Unicorn Feed and Supply, Eli, from The Rocket in downtown Ypsilanti, was just leaving. “Eli was in because we want to start up a downtown retailers group again. I’m new to retail, this is my first retail venture, so I’m not following any guide; I learn as I go and ask tons of questions of everybody. But we’ve got such cool, interesting retailers downtown right now, and realized we need to organize, so that’s exciting to talk about. And we all complement each other so much. As long as everybody knows that competition is not a bad thing and actually improves everybody, because together we’re putting Ypsi on the map as being a really unique destination.”

A friend said to Eastridge recently that Unicorn Feed and Supply is the store that nobody knew Ypsilanti needed, but it did. In Eastridge’s pursuit of happiness, she found her niche and her community, and she is excited for what the future will bring, enjoying what she has already accomplished in her first few months. “I’m having a blast! I’m exactly where I need to be, doing exactly what I want to be doing, and even though there have been scary moments, I have no regrets.” If you’re in downtown Ypsilanti, stop by Unicorn Feed and Supply to feed your happy place and give Reggie Pep a hug. I promise you will have no regrets either.

Unicorn Feed & Supply is open Tuesday through Saturday 11 a.m. - 7 p.m., and Sunday from 12 - 5 p.m. Visit them online at www.unicornfeedsupply.com or at the brick and mortar location at 114 West Michigan Avenue, Ypsilanti, MI 48197. To contact the store call 734-961-8610. You can also keep up with the fun through Facebook or Instagram @unicornfeedsupply

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A friend said to Eastridge recently that Unicorn Feed and Supply is the store that nobody knew Ypsilanti needed, but it did.



Feature continued on page 30

LEAPS OF FAITH

TALES OF LOCAL BUSINESSES

By Tracy Scherdt

Feature continued from page 29

Earth Elements: Shining a Peaceful Light in Saline

Kristen Madrid and James McDonald have had a lifelong interest in the metaphysical and spiritual tools for healing practices, and their shared passion has blossomed into Saline’s first and only mind, body, and spirit shop: Earth Elements. At their store on Michigan Avenue in downtown Saline, you’ll find everything from crystals and gemstone jewelry to loose leaf teas and Reiki healing services. Together, they have created a one-stop-shop for self-exploration and spiritual connection. Stay for a cup of their “tea of the day”, and you will find it is also a wonderful space for relaxation and taking a much-needed break.

Before Earth Elements, Madrid and McDonald worked together at a manufacturing company, but it wasn’t until McDonald unknowingly moved three doors down from Madrid that they really got to know each other. “We worked together for five years, but the thing that coincidentally sparked our friendship is when I moved to Saline from Ypsilanti,” said McDonald. “I didn’t know when we put the offer in that she was three doors down, but after that, we became instant friends.”

They found that they shared the same core beliefs. “At the core of what we both believe is that we don’t know everything and there’s no one way to have the right answer all the time,” said McDonald. McDonald, a Reiki Healing Master, is intuitive,

At their store on Michigan Avenue in downtown Saline, you’ll find everything from crystals and gemstone jewelry to loose leaf teas and Reiki healing services.

and Madrid grew up in haunted houses, brushing shoulders with the otherside early on in life. And although they share a common understanding, they also have many polarities. While McDonald is interested in energy and Reiki, Madrid is interested in the paranormal and metaphysical. “We kind of balance out because we both bring something different, even though it’s all in the same world of mind, body, and spirit,” said Madrid.

Madrid and McDonald continued to work together at the manufacturing company, sharing in their kindred interests, but it was when their situations changed and the work became corporate that they decided to open Earth Elements. “It wasn’t fun anymore and we both had a horrible boss and we decided it wasn’t what we wanted. So we decided to be our own bosses. Which has been scary, but also very rewarding,” said McDonald.

Madrid, however, was also nearing retirement when they took the chance to open their business together. “I was at my previous job for 17 years, and in my head I had decided that I was going to retire there, that’s it.” But she had faith in this moment and in her endeavor with McDonald. “I’m where I am because this is where I need to be. I’m here because I was supposed to meet him half a dozen years ago and this is where we’re supposed to be at this particular point. I’ve lived a lot of different places and done a lot of different stuff, but this is where we’re supposed to be, this is where I’m supposed to be *right now*.”

There were many skeptics when they first began to propose the possibility of a metaphysical/new age store in Saline.

There were many skeptics when they first began to propose the possibility of a metaphysical/new age store in Saline. Many wondered whether Saline was the right place for a spiritual store. “The scary part was everyone was like, ‘What? You’re going to what.. in SALINE?!’” said McDonald, “It was the quote unquote all caps exclamation, every time. Even our landlord said, ‘No, I just want you to look at it from all angles.’ But the truth was, what they all meant, was ‘in SALINE?!’”

Despite the skepticism and the huge leap of faith they both took, Madrid and McDonald stayed strong in their desire to open their store, and they held fast to their belief that Saline would greatly benefit from having them there. What the owners of Earth Elements knew that others maybe not realized yet, is that it was exactly

Kristen Madrid and James McDonald



They describe their store as a “multi-faith” space, and this is because they never want to exclude anyone, or deny anybody’s exploration of life’s biggest questions.

that reaction—in *SALINE*?!—that validated the necessity of the shop. “The goal is a necessary community space. I mean, you look at the state of the world, and we just want to be a beacon of light where we can be,” said McDonald.

Madrid and McDonald recognized that there was a gaping hole in the map of the metaphysical community in Southeast Michigan, and that there was a possibility to be that beacon of light in Saline. “If you look at a map of Southeast Michigan, you see Plymouth and you have Earth Lore, in Ann Arbor you have Crazy Wisdom, Ypsilanti has World of Rocks, I believe there’s even a place like this in Adrian, Howell, Brighton, so all around, but you’re looking at a 20-30 minute drive out at least, if you are living in Saline,” McDonald explained. And the two knew that they were not the only people planning day trips just to access what these places offered, so they thought, “Why not here? Why not us?”

Madrid and McDonald want to emphasize that Earth Elements is an open, safe space for anybody and everybody to find what they need. They describe their store as a “multi-faith” space, and this is because they never want to exclude anyone, or deny anybody’s exploration of life’s biggest questions. They also understand that this may be completely new territory for many. “If you walk in the door and you see something that’s familiar to you, you’re going to let your guard down and be open to the rest of the stuff that’s in here. That’s why we’ve been very mindful to have representations of all religions and spiritualities,” said McDonald, with Madrid adding, “I call our shelf of beginners’ books here the ‘Metaphysical for Dummies’ section, and it has everything from Angels to Ouija boards, and all topics in between, whether you need Prayer for Beginners, or Table Tipping, or Dragons, it’s all in there, so there’s no ‘this is only for a certain type of believer.’”

What remains at the heart of Earth Elements is the belief that there is no right answer to life’s questions, but that there are spiritual tools we can use to get closer to our own understanding.



Because of the open, explorative nature of the shop—and because of Madrid and McDonald themselves—the store is also bursting with positive energy, and not without intention. The two have created this space and store with the hope that the Saline community will discover their own spiritual tools to heal, and the owners have stored their own positive energy in each item. “Everything we have here, we love, or it wouldn’t be here, so when we unpack stuff to stock, we get excited, and that puts all that positive feeling and energy into what’s here. It’s coming out of the box with the good feelings baked right in,” said Madrid.

But “good feelings baked right in” is as far as Madrid and McDonald will go in suggesting to you what you might need at Earth Elements. They do, however, hope that whatever you need, they’ll have it in their store for you, waiting until you’re ready to find it for yourself. “We’re a work in progress and we want to carry things that are of interest to our community and our customers. What we had to go on when we started is what we’re interested in, what we like,” said McDonald, “and if we don’t have it, we will try to get it.” Madrid chimed in then, saying, “We’re not here to impose our beliefs, we’re here to help you find what it is you are searching for. It’s rewarding when somebody comes in and says, ‘this is exactly what I needed.’ I’m like, ‘Here you go, I got it in for you.’”

Madrid and McDonald also encourage further exploration after hours, hoping to host monthly/bimonthly gallery readings as well as events with other spiritual practitioners. Earth Elements hosted their first gallery reading this past January with spiritual medium Jani Cooke, calling it Wine & Spirits. It was an evening of wine, cheese, and life-altering connections with deceased loved ones through a practiced



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and earnest medium—I cannot say enough how impactful this was for all of us in attendance. Another goal for the future of Earth Elements is to expand their private label products of in-house oil and incense blends. On shelves now is their first in-house blend called “For When You’re Sick Oil,” which I myself love and use often.

What remains at the heart of Earth Elements is the belief that there is no right answer to life’s questions, but that there are spiritual tools we can use to get closer to our own understanding. So if you have questions—whatever they may be—I recommend stopping into Earth Elements, grabbing some tea, and spending some time perusing. “Part of our mission is to enlighten others about the universal positive energy that is a part of everything and every one of us. You know, to bring that together, to the community, to our customers, to anyone who steps into this space or is thinking about that. Come and experience that, and explore that,” implored Madrid. McDonald also added, “At the end of the day, if it resonates with you, then take it. If it doesn’t resonate with you, then let it go.”

Visit Earth Elements at 104 West Michigan Avenue, Saline, MI 48176 or online at earthelementsmi.com. They are open from 10 a.m. to 6 p.m. Tuesday through Friday and 10 a.m. to 4 p.m. on Saturday. Give them a call at 734-470-6801. You can also look for their event postings either on their Facebook or Instagram feeds @ [earthelementsmi](https://www.instagram.com/earthelementsmi).



By Lynda Gronlund-Naeem

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas’ Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.



Photos of Wu’s Tai Chi Chuan Academy
by Susan Ayer



**Wu’s Tai Chi Chuan Academy of Ann Arbor
is offering a new beginners’ class on Mondays.**

The class is taught by Bob Roth, certified teacher, advanced student, and disciple of Sifu Genie Parker, head of the Ann Arbor school. He has been teaching Tai Chi for about 30 years. This is the first time a daytime class has been offered at the Academy, explained Ellen Schwartz, another of Sifu Genie’s disciples. All classes are open enrollment and year-round, so students can begin at any time.

Wu is one of five traditional Chinese family styles, Schwartz said. Sifu Genie was the first non-Chinese woman to take on disciples for the Wu family, and only the third person in North America to be allowed to do so. Schwartz described it as “a practice that is open to everybody,” noting that modifications can be made for those with physical limitations. She said that it is “meditation in motion,” helping to strengthen the mind-body connection.

Read more on page 34.



Sifu
Genie
Parker
head of the
Ann Arbor
school.

Lama Nancy Burks has become the Director of the Ann Arbor Karma Thegsum Chöling (KTC) Buddhist Meditation Center.

She has been the Lama there for almost 19 years. She first met the Center's founder, Khenpo Karthar Rinpoche, when he visited Ann Arbor in 1978. She completed a three-year and three-month meditation retreat to become a Lama under his guidance at the Karme Ling Retreat Center in upstate New York from 1996 to 2000 as part of the Center's second cohort of trainees. She had been working as a clinical psychologist at the time, and felt drawn to fully embrace the spiritual life.

Read more on page 34.



Victoria Schon is a holistic health coach and sound healer now offering Sound Journeys at Verapose Yoga & Meditation House in Dexter.

Read more on page 35.



Chris McCall opened Sing Ann Arbor in downtown Ann Arbor in January. In a studio above the Old Town Tavern on the corner of Liberty and Ashley, she teaches voice lessons and meditation to adults, teens, and children.

Read more on page 37.



Ann Arbor-based holistic therapist Nichole Lorenz opened her mental health practice, Compassionate Connection, last year.

Read more on page 38.



New Offerings by Established Businesses and Practitioners



In December 2018, Concordia University's first School of Nursing class graduated.

Concordia's nursing program launched in August of 2016. The 39 students making up the "Alpha Class" were all either current Concordia students or transfer students who had finished all core classes and prerequisites to be accepted into the 6-semester Bachelor of Science in Nursing (BSN) program.

Cindy Fenske, the Campus Dean of Nursing, explained that the North Building, formerly the home of Cooley Law School, was completely renovated into a state-of-the-art simulation center. Concordia's program focuses on experiential learning, she said, and its great strength is simulation. The North building contains five simulated hospital rooms including one pediatric and one birthing room, containing all the equipment one would see in a real hospital room: cardiac monitor, hospital bed, and more. It also contains a simulated apartment for home-nursing simulations. Live volunteers or high-tech mannequins act as patients while instructors observe through one-way glass. Scenarios can also be filmed to help provide feedback to students or to provide training for other students. The program uses a minimum of 135 hours of simulation, while most nursing programs currently use 40-70 hours. Fenske said that only 20-25% of nursing graduates are really ready to function as a nurse and have the clinical judgment needed to care for patients. Concordia's program is aiming to greatly improve workplace readiness in their graduates. Most programs, she explained, take time from their clinical hours (working in real

hospitals) rather than their lecture hours to make time for simulation; Concordia actually spends less time in lecture and traditional classrooms to make room for simulation as they feel students learn better by experiencing what it is like to care for a patient and make decisions as issues arise.

There are currently 180 students enrolled in the program, with approval from the state board of nursing to accept 80 students each year. Students come from all over southeast Michigan, said Fenske; some are commuters and some are traditional students who live on or near campus. She emphasized that the faculty, staff, and students of the program are close-knit and students receive lots of personal attention from teachers. Most of the Alpha Class graduates are already employed and working as nurses.

More information about Concordia University's nursing program is available at www.cuaa.edu. Concordia University is located at 4090 Geddes Road, Ann Arbor, MI 48105. Dr. Cynthia Fenske can be reached by email at Cynthia.Fenske@cuaa.edu.



Eve Wilson, Ann Arbor based spiritual healer, author, blogger, and trainer of healing practitioners, has received a Master Healer certification from the Universal Church of the Master.

UCM is a national training and certifying body for spiritual healers, founded in 1908. Its Certificate of Healing Practitioner is legally recognized in all 50 states and the federal government.

This is the first time UCM has bestowed a Master Healer certification. Wilson was the keynote speaker at the organization's 100-year anniversary event. She has personally trained over 100 students to become spiritual healers since joining the UCM in 1986; the most of any trainer in the organization. The UCM chose to honor Wilson due to this prolific record of teaching as well as the quality of her course materials and writings.

Wilson writes the blog Weekly Word for Healing and Ascension, which was honored as "one of the best healing blogs on the planet" on the website Feedspot. She is also the author of *Riding the Wave of Change: Hope, Healing, and Spiritual Growth for Our World*.

Eve Wilson's website is www.spiritualhealers.com. She can be reached at (734) 780-7635 or at ewilson@spiritualhealers.com.

Continued on page 34



Continued from page 33

Wu’s Tai Chi Chuan Academy of Ann Arbor is offering a new beginners’ class on Mondays from 11:00 a.m. to 12:30 p.m.

The class is taught by Bob Roth, certified teacher, advanced student, and disciple of Sifu Genie Parker, head of the Ann Arbor school. He has been teaching Tai Chi for about 30 years. This is the first time a daytime class has been offered at the Academy, explained Ellen Schwartz, another of Sifu Genie’s disciples. All classes are open enrollment and year-round, so students can begin at any time. Lots of people, she said, can’t make evening classes for various reasons, so it is hoped that this offering will make tai chi training more accessible. The class involves an hour of instruction and practice in the 108-movement Standard Form, followed by a group form at noon.

Wu is one of five traditional Chinese family styles, Schwartz said. Sifu Genie was the first non-Chinese woman to take on disciples for the Wu family, and only the third person in North America to be allowed to do so. Schwartz described it as “a practice that is open to everybody,” noting that modifications can be made for those with physical limitations. She said that it is “meditation in motion,” helping to strengthen the mind-body connection.

Wu’s Tai Chi Chuan Academy of Ann Arbor is located at 4117 Jackson Road, Ann Arbor, MI 48103. More information is online at www.wustyle-annarbor.com. Questions can be directed to wustyleannarbor@gmail.com or (248) 229-1060.



Lama Nancy Burks became the Director of the Ann Arbor Karma Thegsum Chöling (KTC) Buddhist Meditation Center on August 1, 2018.

She has been the Lama there for almost 19 years. She first met the Center’s founder, Khenpo Karthar Rinpoche, when he visited Ann Arbor in 1978. She completed a three-year and three-month meditation retreat to become a Lama under his guidance at the Karme Ling Retreat Center in upstate New York from 1996 to 2000 as part of the Center’s second cohort of trainees. Prior to the first cohort’s completion there were no American-born Lamas. The retreat, she said, is like seminary for a minister, and is “difficult but very profound.” Trainees are cloistered and practice meditation for 14 hours each day. She decided to embark on this journey after her husband passed away from pancreatic cancer. She had been working as a clinical psychologist at the time, and felt drawn to fully embrace the spiritual life.

After she completed her training, Burks returned to Ann Arbor, where she grew up, to be close to her parents after being away during the 1980s and 90s. She got back into working as a psychologist and served at the Center, teaching and leading meditation practices. When the previous Director was ready to step down, Burks took on the role and made it her mission to open the center to new programs and make it more accessible and relevant to the Ann Arbor community. She started a “Sunday Service,” a weekly program that makes the Center’s very traditional Tibetan lineage more accessible to new seekers – chanting is done in English instead of the usual Tibetan, and questions are welcomed at the end of the dharma talk. Burks hosts introductions to meditation approximately every three months. She also opened the center for use to other groups such as Rescue Recovery which meets weekly in the shrine room, and Sacred Sound Baths by Mark and Roberta Maxwell that they host to raise funds for Food Gatherers. Recently she offered a workshop on “Death Coaching in the Tibetan Tradition,” focusing on how Buddhist practices around death can be useful to people of all backgrounds, both for the dying person and the people around them.

Burks is also available for individual spiritual guidance. There is no fee though donations to the Center are appreciated. Anyone interested may call the Center to make an appointment.

The Ann Arbor KTC Tibetan Buddhist Meditation Center is located at 614 Miner Street, Ann Arbor, MI 48103. The Center’s phone number is (734) 678-7549. More information is available at <http://annarborktc.org>. Lama Nancy Burks can be reached by email at lananancy@annarborktc.org.



The Gaia Center for Herbal Studies at the Ann Arbor School of Massage, Herbal, and Natural Medicine has opened an Herb Medic Clinic Studio for herbal advisory by trained credentialed herbalists.

The studio is open on Mondays 4:00 p.m. to 7:00 p.m., Tuesdays and Wednesdays 11:00 a.m. to 6:00 p.m., and during the school’s monthly Saturday Open Houses, from 11:00 a.m. to 3:00 p.m. There is no charge for the general advice offered at the clinic, which is offered on a drop-in basis, and covers herbal medicine use, dosage, frequency, and preparation. Referrals for Advanced Health Consultations for more complex health situations do carry a fee. Many herbal formulas including raw herbs, infused oils, extracts, compounded formulations, and more are available for sale at the school’s Apothecary if people decide to purchase there; they are also free to purchase wherever they would like. Herbs sold through the Apothecary include some grown on-site, some wildcrafter, and some sourced through reputable suppliers as the Center cannot realistically grow all of the plants used. The Apothecary is “transparent as to our sources, do[es] not sell commercial labels, or do multi-level marketing.”

Mary Light, ND MH LMT runs the clinic with Apothecary Interns, students of the state licensed Herbal Studies program, the Great Lakes area’s only school fulfilling requirements of the American Herbalists Guild, providing a pathway to attain “professional, registered status.” She explained that “most people really do need and desire guidance from trained professionals when using herbs,” and that both newcomers to natural healing and those who have been using herbs for years can benefit.

Light said that custom formulations beyond what the Apothecary stocks can be made, and that as a professional clinical herbalist and educator she has a network in place of health care practitioners she can refer out to when a patient’s case requires it. She also said that the Center is seeking ways to address wasteful packaging; moving toward glass canning jars for some formulations and away from small plastic storage bags as their stocks are finished out.

Gaia Center for Herbal Studies is located at 6276 Jackson Road, Ann Arbor, MI 48103. Mary Light can be reached by email at nshaassociates@gmail.com or by phone at (734) 769-7794. The Center’s website is www.gaiaherbalstudies.net.



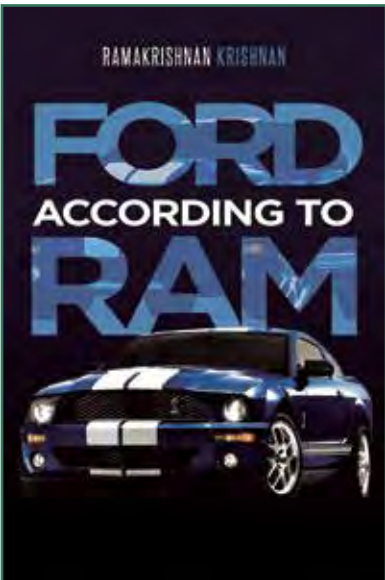
New Books by Area Authors

Ann Arbor resident Ramakrishnan Krishnan retired from a 39-year career at Ford in 2017, and published his book, Ford According to Ram, in August of 2018.

Krishnan is originally from India, where his grandfather was one of the first owners of a Model T in Madras (now Chennai). Krishnan himself has owned only Ford vehicles for the last 40 years. His book is the contemplative story of his life and career, written in only three months after his retirement, he said, because he decided he would write at least one to two lines each day. He believes that more people would produce a book if they cultivated the discipline to stick to this habit.

Krishnan is an avid runner and cofounded the Ford Running Club, which he is still active in. He has also been part of the Washtenaw Toastmasters club since 1980; Toastmasters International is a nationwide organization dedicated to developing leadership through communication and public speaking skills. He has written books on running and on Toastmasters, to be published in the future.

Ford According to Ram is available at the Crazy Wisdom Bookstore. Ramakrishna Krishna can be reached by email at kitta.krishnan@gmail.com.



New Classes

Victoria Schon is a holistic health coach and sound healer now offering Sound Journeys at Verapose Yoga & Meditation House in Dexter.

Schon discovered sound healing last year in Costa Rica. She had taken a year off of working to write her book: *Mother Nature's Guide to Healing Anxiety* (not yet published) and had been spending time in Costa Rica's Nicoya peninsula, one of five "blue zones" in the world, populated by the longest living and healthiest people in the world, according to author Dan Buettner. Schon said that the reason the locals live so long and so healthy is their lifestyle and diet which are supported by their surroundings; she said the energy there felt "amazing."



During one of her stays, she experienced a crystal bowl sound healing with a local shaman. She said she was "blown away by the instant sense of calm and the deepness of my meditation." She wanted to learn all she could about sound healing and soon returned to the area to train with world-renowned sound healers Ayi and Michael Mayzel of Shanti Sounds Costa Rica. She explained that sound healing involves the use of crystal bowls, Tibetan singing bowls, and / or gongs, which are struck and emit vibrations. Human bodies react to this vibration / energy by "sympathetic resonance," meaning the body's vibration starts to match the vibration of the sound. She said that brainwaves respond by changing from beta – our "awake and alert" waves, to alpha and theta, the brainwaves of meditation and daydreaming. This can help with anxiety and stress relief, and since the body and mind are deeply connected, physical healing can occur as well. Schon said that one of the leading authors on sound therapy, Dr. Mitchell Gaynor, is an oncologist who uses sound healing in conjunction with conventional medical treatments. His book *The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music*, helped her to understand the science and research behind this healing modality.

During training for her Level One Sound Healing certification, Schon said, she experienced a remarkable physical healing herself. She was experiencing all the symptoms of appendicitis, and since she was staying in Costa Rica was hoping not to have a medical emergency before she could return home. Over the phone, her doctor advised her that the appendix had not ruptured and that she could wait to be seen until she got back to the US. A "gong puja," a 9-hour sound healing involving large gongs, was scheduled, and she had been going to play, but she was feeling too ill. Her teachers encouraged her to come and experience it, so she did. She laid down on a yoga mat with pillows and blankets and went to sleep as the gongs played. After three hours she woke up and the pain she had been feeling in her side for five days was completely gone and has not returned.

Schon now offers individual sound healing and does regular group sound baths, or sound journeys, at Verapose Yoga. Healing Heart Sacred Sounds is offered on the first and third Sundays of each month, at 8:00 a.m. Other sound healing events are offered each month, and are listed online. Schon incorporates quartz crystal singing bowls, Tibetan singing bowls, gongs, chimes and other "sacred instruments" to facilitate the sound journey, which she said "can lead one into a state of total relaxation in which healing and connection to a higher consciousness can take place." Participants are not required to do anything but get into a comfortable seated or lying down position, usually with yoga mats, blankets and sometimes eye masks, and hear the sounds.

More information including event dates and time are available on Victoria Schon's website, www.victoriaschon.com. Verapose Yoga & Meditation House is located at 3173 Baker Road, Dexter, MI 48130. Schon can be reached by email at victoria@victoriaschon.com.

Reverend Rob Henderson, Senior Druid of Ann Arbor-based Shining Lakes Grove, is leading a study group for the Ár nDraíocht Féin: A Druid Fellowship (ADF) Dedicant Path.

This is a year-long introduction to the beliefs and practices of the ADF including ritual, meditation, nature awareness, and scholarship. This course has not been offered in about 15 years, said Henderson. The group started in October of 2018, but interested people can start at any time. The group is free but there are two books required which can be purchased online. They meet from 1:00 p.m. to 3:00 p.m. on the third Saturday of each month at the Ypsilanti District Library branch on Whittaker Road. Henderson said that the group would interest those "with an inclination to polytheist devotional stuff and scholarship."



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<https://www.mindfulcityannarbor.org/>

Contact: Lynn Sipher, lynnsipher@gmail.com

Saline Open Meditation

Tuesdays, 11 am – 12 pm, Center for Education and Innovation (former St. Joe's building), 400 W. Russell St.

Contact: Paulette Grotian, mindfulnesswithpaulette@gmail.com

Miner Street Sit

Tuesdays, 6-7pm, TKC Center, 614 Miner St.

Break at 6:30 (for departures or arrivals).

Contact: Laura Rice-Oeschger, info@aacfm.org

Ann Arbor Open Meditation

Thursdays, 7:30-8:30 pm, Lotus Center, 2711 Carpenter Rd.

Website with schedule: aaopenmeditation.com; also on FB.

Contact: Libby Robinson, libbyrobinson7@gmail.com

Ypsilanti Open Meditation

Fridays, 11 am – 12 pm, Downtown Ypsilanti Public Library, 229 W. Michigan Ave.

Contact: Joya D'Cruz, dcruzjoya@gmail.com





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Continued from page 35

It can serve as an introduction for complete newcomers as well as a deepening of knowledge for more experienced practitioners.

Shining Lakes Grove is a Neopagan Druid Grove affiliated with ADF, which is an international organization. Shining Lakes Grove holds public rituals on eight high days throughout the year as well as other events. All rituals and most events are free and open to the public.

The Ypsilanti District Library Whittaker branch is located at 5577 Whittaker Road, Ypsilanti, MI 48197. Rob Henderson can be reached by email at kargach@gmail.com. More information about the Shining Lakes Grove is at www.shininglakes.org.



New Practitioners and Businesses

David Stouffer, Certified Healing Touch Practitioner (CHTP), moved to Ann Arbor from San Diego in October of 2018.

He launched his healing practice, Ancient Ways of Health, soon after. He received his CHTP certification in 2015. He had been in science research for over 18 years but sought out alternative medicine when he experienced medical issues that could not be solved by Western medicine alone. This sparked an interest in complementary healing methods and he began to learn all he could from different healing traditions. He explained that the physical, emotional, mental, and spiritual aspects of a person are all linked together, and while conventional medicine focuses almost solely on the physical, a person will heal much more completely when the other aspects are addressed. He said “when your energy is balanced, you remember how to heal yourself.”

As a person with a science and research background, Stouffer aspires to “create a bridge connecting Eastern and Western healing modalities through education, documentation, and eventually quantitative research.”

Stouffer does offer a free consultation for those interested in receiving energy healing; he also offers a referral program with discounts both for the person referring and for the referred new client. He offers a 30-minute seated treatment for those who would like to try the modality, as well as a one hour reclining treatment.

Ancient Ways of Health is located at 3001 Plymouth Road, Suite 101, Ann Arbor, MI 48105. David Stouffer can be reached by phone at (858) 344-9417 or by email at ancientwaysofhealth@gmail.com.

Kellie Mox Richards is an Ann Arbor-based certified personal coach returning to her practice after a ten-year break for mothering and for her own healing journey.

Richards’ stated goal is to “revolutionize healing for women.” Her background is in psychology and health psychology; she holds a Master’s degree in public health and training in coaching, mindfulness, and homeopathy. All of this as well as her own journey healing her chronic lyme disease, autoimmune, and other health problems, inform her coaching style and techniques.

She describes her work as “healing and connecting through meaningful conversations.” She explained that she sees her job as supporting women in shifting the way they connect with “themselves, others, and the world.” Everyone will have their own path”, she explained, so she does not advocate for a specific program or modality, but helps catalyze women’s healing journeys, which she described as “creating fertile ground for healing.” She explained

that during her own healing process she realized that she had been “fertile ground for disease,” and had to change her life holistically in order to change that. She said that she was able to create results that she was basically told by doctors were not possible: all markers of autoimmune disease that had been present are now gone. “I believe that we all have the power to heal and that true healing requires an integration of mind, body, and spirit,” she said. She explained that she doesn’t want people to become dependent on her coaching, but for them to “create a new way of being” with her help, which will be sustained even after they have stopped working with her.

Richards mainly works with clients virtually through video chat. She is currently pursuing certification in homeopathy, which will be integrated into her coaching as she sees the need. She said that coaching is an extension of her life, and that everything she does with her clients, she is doing herself in order to maintain her health and well-being. She offers a free discovery session for anyone interested in exploring working with her.

Kellie Mox Richards can be reached by phone at (734) 476-0349 or by email at krmoxie@gmail.com. She is on Instagram at www.instagram.com/kelliemox.

Chris McCall opened Sing Ann Arbor in downtown Ann Arbor in January.

In a studio above the Old Town Tavern on the corner of Liberty and Ashley, she teaches voice lessons and meditation to adults, teens, and children. McCall has been singing professionally for 30 years, and taught for the last 14 years at the Ann Arbor Music Center (AAMC). She left to open her own space in which she could expand the meditation and energy work she does with people.

She said that her focus for the past several years has been “to bring together the voice and meditation.” Meditation and the voice have been powerfully intertwined in her life.

“...I found that the voice is a very direct and accessible tool and object, of meditation. I first experienced this through mantra practices and then I had a deeper experience of the voice as meditation when I veered away from traditional mantra meditations.”

She described discovering a practice called toning, “using the vibrations created by my own voice to penetrate constricted patterns in the body, stimulate chakras, and deliver a message of love to the cells in my body.” She used this technique to help heal herself of chronic fatigue syndrome, which lasted for several years and didn’t respond to treatments or advice from 17 different doctors. McCall also described her experience with cancer, during which she realized “healing meant taking time to meditate and make friends with the parts of me I had rejected.” These experiences led her to “working with and experiencing a deepening awareness of love, kindness, and spaciousness in my body,” which she now works to “share with anyone it can help.”

McCall has traditional voice students who she helps work on range expansion, improvisation, audition preparation, and more. Some voice students eventually work with her on life coaching and meditation, and others come to her directly for this type of work.

Recently, McCall began offering a lunchtime group meditation she calls Club Metta, with the purpose of allowing people who work or live nearby to “practice loving consciousness, self-compassion, and to make contact with a deep interior space to rest.” She facilitates this using a variety of techniques including toning.

McCall also performs weekly at the Old Town Tavern with her jazz group The 4peace4.

Sing Ann Arbor is located at 225 South Ashley, Suite 202, Ann Arbor, MI 48104. Chris McCall can be reached by email at singannarbor@gmail.com or by phone at (313) 820-8364. Her website is www.singannarbor.com.



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Ann Arbor-based holistic therapist Nichole Lorenz has opened her mental health practice, *Compassionate Connection*.

Lorenz is a Licensed Master Clinical Social Worker (LMSW) and Healing Touch Practitioner (Level One). Her work is influenced by the nonviolent communication / compassionate connection work of Marshall Rosenberg. She uses both psychotherapeutic and energetic techniques to support her clients. She is also a proponent of somatic or body-based therapy; she just began training in the Feldenkrais method. She said that somatic practice can help one shift and realign the nervous system.

Lorenz helps clients with mood disorders, self-esteem, communication, relationship issues, parenting, health and disability issues, divorce, mindfulness, spirituality, and behavior change. She described her methods as a collaboration with the client to assist them in achieving their desired results. Her focus on compassionate connection and nonviolent communication means that she helps clients shift their thinking about interactions from anger, judgement, and blaming, to which needs are being met or unmet in themselves and others in a given situation. Her goal is to help people feel more connected to others and to themselves, and to achieve balance in their lives and health.

In addition to her one-on-one work, Lorenz offers a monthly Women's Empathy Group in partnership with Carisa Wilder of Ann Arbor Holistic therapy. All female-identified people are welcome to this group to "practice giving and receiving the life-serving and connecting gift of empathy." Facilitation of this group is also inspired by the work of Dr. Rosenberg, she explained. Interested people can contact Lorenz for details.

Nichole Lorenz can be reached at nichole@nicholelorenz.com or (734) 604-0645. Her website is www.nicholelorenz.com.

Faye Johnson founded her clothing business, *Auburn Chic*, in 2018.

She has been sewing clothes for herself for ten years, having learned through a moms' group in Dearborn, where she grew up. She was tired of wearing clothes from stores that didn't fit right, since like many women she had a body type that varied from manufacturers' norms. By sewing for herself, she was able to get a much better fit and better quality than she could find in stores, as well as use her creative flair.

Johnson now lives in Ann Arbor and sews and sells clothes from her home. She makes shirts, dresses, and custom outfits, using mostly double-brushed poly, a super-soft fabric. She said "it feels like wearing pajamas but looks professional." She is especially interested in helping women with different body shapes who have had problems finding store-bought clothes that fit properly, including the common problem of needing mixed sizes: a smaller top and larger bottom, or vice versa.

Clients can purchase from her website and pick up or have items shipped. Johnson is happy to meet local people in person to show them items, have them feel the fabric, help them pick things out, and discuss custom orders. She is considering selling at the Ann Arbor Farmer's Market in the summer; keep an eye on her website for details.

Faye Johnson can be reached by phone at (734) 531-9717 or by email at faye@auburnchic.com. Her website is www.auburnchic.com.

Susan McCullen is a retired nurse turned astrologer living in Ann Arbor. Her journey with astrology started in the 60s when she was a teenager. She remembers special ordering books on astrology at Ulrich's in downtown Ann Arbor. In 1968, she said, Linda Goodman's *Sun Signs* came out and brought astrology more into mainstream awareness. McCullen's passion for astrology took a backseat to her forty-year career as a nurse and dual career as a spiritual and inspiration singer / songwriter. When she retired from nursing in June of 2017, she 'powered up' her lifelong interest and now considers her astrology work "the expression of my healing work in the world." She explained that the compassion she used in nursing and her natural intuition are integral parts of the readings she does.



McCullen's goal is to read as many birth charts as she can. Each chart, she explained, contains information about a person's potential gifts and challenges in life. "Some of the most powerful, effective people on earth have 'difficult' charts," she said. Sometimes, the challenges are the key to unlocking incredible potential contained in a person's gifts. As she works intuitively with a person's chart, she is often able to help people gain clarity and recognize patterns leading to their life's purpose. This can be incredibly empowering or comforting for people, who may come to realize that they indeed have a purpose and the tools and the power to fulfill it. McCullen explained that she feels astrology is just as useful as modalities like reiki, energy work, yoga, tai chi, humanistic psychology, and others. She views it as "another tool set," a very transformative one, through which she is able to "tell people the truth, and transmit life and love."

In addition to individual birth chart readings, McCullen hosts a monthly meetup in her home in central Ann Arbor. Several astrologers and other interested people have deep discussions on current and near-future energies in the heavens. She explained that a powerful cluster of planets is converging in the sign of Capricorn, culminating in 2020, which highlights the use and abuse of power. She believes major changes in the structures of power in the world are coming, leading to a re-balancing of energies. For some, this can feel very stressful, "like being in a pressure cooker," but the change is necessary and will be a slow and persistent process. She said they are "building a dynamic community of love, linking with the world-wide grid," to help support one another and others through this time.

Susan McCullen can be reached via email at mccullensusan@hotmail.com. Her meetup group is viewable online at <https://www.meetup.com/AstrologyExplorers/>.

Gift Chowchuvech, LMSW CCTP has opened her therapy practice, *Healing & Wellness Arts*.

She came to clinical social work after a career as a handbag designer. She had been volunteering at the Zen Hospice Project in San Francisco and "realized that the few hours a week I spent there serving and connecting with my community were more meaningful than the 60+ hours I spent with people I worked with in fashion."

Chowchuvech takes a holistic view of mental health, believing that the mind is not separate from the body and spirit. Her goal, she said, is "to reconnect the person to themselves so they can again feel intact and whole." She has a special focus on trauma, including childhood trauma and its effects on an adult's current life. She is also an end-of-life doula with considerable experience in end-of-life care. She said that she brings a different perspective to therapy, having come from a career in design, which helps her to see the big picture as well as the details of a person's life. Techniques she uses include mindfulness, dialectical behavioral therapy, attachment theory, cognitive behavioral therapy, narrative and complex trauma techniques.

Healing & Wellness Arts is located at 2100 South Main Street, Suite B1, Ann Arbor, MI 48103. Gift Chowchuvech can be reached by email at info@healwellarts.com or by phone at (734) 545-8181. Her website is www.healwellarts.com.

Ann Arbor resident and native Andrea Weid has opened *BeingHOME*, a new lifestyle coaching practice that draws from her 20 years of experience as an Occupational Therapist, a Certificate of Integrative Health and Lifestyle from the University of Arizona's Center for Integrative Medicine, and a certificate in progress as an Integrative Health Coach.

She helps people make sustainable changes in their daily lives holistically, including making changes to their daily surroundings. She is passionate about "working with people in their home environment to make incremental, sustainable lifestyle changes grounded in kindness, self-compassion, and mindfulness."



Weid believes that “kindness, self-compassion, and mindfulness are essential elements for sustainable change.” She also operates from the idea that habits, routines, and environment are linked, and that different aspects of health are interdependent. For example, someone might come to her for help with weight loss, and she might help them reorganize their kitchen for ease in cooking, storing, and accessing healthier foods, but she might also help the client realize that they need to improve their sleep in order to have the energy required to eat healthier and exercise more.

She helps people to recognize their successes in other areas of life and use those strengths to help them accomplish their current goals. She also helps people connect to their “why,” the deeper meaning behind desired lifestyle changes that make the necessary changes worth it for each person. She helps people assess how their surroundings are set up to help or hinder them in making change. Finally, she helps people practice self-compassion, as she strongly believes “change works better when we are kind to ourselves.”

Weid is especially interested in working with integrative healthcare providers to help their patients put prescribed lifestyle changes into practice. As part of her work toward receiving her Integrative Health Coach certification in July, she is offering to work with a number of providers’ patients for free for a limited period of time.

Weid is offering a 7-session course for people interested in lifestyle change at Crazy Wisdom’s community room. The course is called “One Small Change: Cultivating Self Compassion & Kindness in Everyday Life,” and is being offered on Tuesdays from 2:00 p.m. to 3:45 p.m. from May 7 to June 25; or on Saturdays from 1:00 p.m. to 2:45 p.m. from May 25 through July 13.

More information and registration is available at Andrea Weid’s website: www.BeingHOME.org. She can be reached by email at beignhome4u@gmail.com.

Submit your listing for the September through December issue

Please note that the “What’s New in the Community” column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the “What’s New in the Community” column in a given issue. If you would like to submit information to be considered for this new column, please email communitynews@crazywisdom.net or drop off or mail information to the store: What’s New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (September to December 2019) is July 1, 2019.



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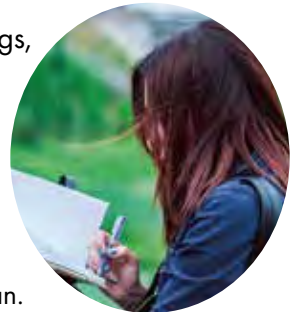


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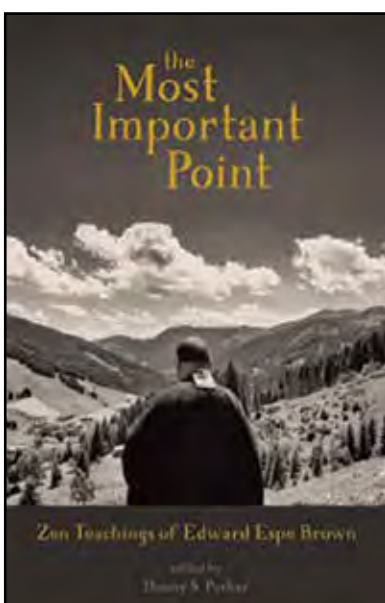
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EDWARD ESPE BROWN is a Zen Buddhist priest and was the first head cook at Tassajara Zen Mountain Center. He is the author of several bestselling cookbooks, including *The Tassajara Bread Book*, and the editor of *Not Always So*, a book of lectures by Shunryu Suzuki Roshi. He is the subject of the critically acclaimed 2007 documentary film *How to Cook Your Life*. He resides in Fairfax, California.



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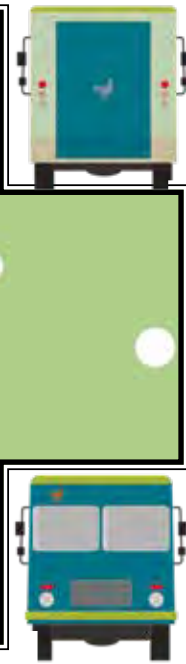
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Contact her at mindfulnesswithpaulette@gmail.com or 734-276-7707
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Eats From the Streets:

Your Next Foodie Adventure

By Crysta Coburn

The phrase “street food” may not sound too appetizing, but the real dishes behind the term are now considered by many to be the most authentic sampling of a culture’s cuisine, made popular in part by celebrity foodie Anthony Bourdain, who was a huge fan and helped to elevate street food’s popularity with his travel shows. Street food is sold from baskets, pushcarts, trailers, and trucks. What all of these modes have in common are their transportability, and they’re usually found very close to, if not parked on, the street.



The phrase “street food” may not sound too appetizing, but the real dishes behind the term are now considered by many to be the most authentic sampling of a culture’s cuisine...

Americans have a long history with street food. The first laws regulating food vendors and their pushcarts appeared in 1691 in New York City when it was still known as New Amsterdam. In the 21st century, we are currently in the grips of a street food invasion in the form of gourmet food trucks. Food trucks actually date back to post-Civil War chuck wagons, which served wagon trains and cattlemen crisscrossing the Old West, and the first horse-drawn diner appeared in 1872. But the modern gourmet take on food trucks can be traced to Los Angeles chef, Roy Choi. His Korean fusion taco truck Kogi, took to the streets in 2008. Choi, though, points to shrimp trucks in Oahu that serve garlic and butter shrimp with rice as his predecessors, operating on the island long before food trucks took over on the mainland. But Kogi set the precedent for the heavy use of social media to promote the mobile business. Food truck aficionados today rely on social media like Twitter to track where the trucks are on any given day or to be alerted to truck meet-ups, which sometimes take place with little advance warning. Trucks will have their social media tags clearly painted on their sides to be sure they are correctly tagged in their customers’ picture posts on apps like Instagram.

Food truck rallies are getting more and more popular, however, and are popping up with more frequency as communities change their health codes and zoning laws to allow them. In our own community, the Ann Arbor Farmers Market has hosted a rally since 2015 on the first Wednesday evening of every month from May through October. In addition to the trucks, there is live music, kids activities hosted by Give

365, and a few vendors from the farmers market stick around to sell their wares. “The Food Truck Rally evolved out of the Wednesday Evening Market, which ran 2011 – 2015,” said Stephanie Willette, the Market Manager. “This evening market was originally a mix of the usual farmers market vendors, but we soon realized that folks were more interested in an event with dinner options, music, [and other activities] for that time of day.” A call for submissions is put out from January to March. “Every year we try to incorporate a mix of old and new trucks into the Rallies. We look at things like: Are they a producer only truck? Producer only means all trucks must prepare from scratch all the food they sell. In other words, there is no reheating and then selling premade items. We look at quality. We also look at product mix – is there a diverse representation of types of cuisine? Do they use zero waste [recyclable or compostable] practices?”



The first laws regulating food vendors and their pushcarts appeared in 1691 in New York City when it was still known as New Amsterdam.

The numbers confirm the growing popularity of mobile food vendors in Ann Arbor. Of the Farmers Market Food Truck Rally, Willette said, “In 2015 we estimate we had 1600 customers per event, and this past year we estimate there were over 2400 customers per event. With six trucks in 2015, we now have grown to 15 per rally. Trucks that have participated over time all report an increase in sales each year.”

The Royal Oak Farmers Market also has monthly Food Truck Rallies on the second Wednesday of every month (it is open through the winter). Ypsilanti’s First Fridays has hosted food truck rallies, but this is not a monthly occurrence. Trucks gather at Noel Night and Eastern Market in Detroit. They are rolling up to wedding receptions, graduation celebrations, sorority parties, and it doesn’t stop there.



Trucks will have their social media tags clearly painted on their sides to be sure they are correctly tagged in their customers’ picture posts on apps like Instagram.

Despite the popularity, why would an entrepreneur opt for opening a food truck rather than investing in a brick and mortar restaurant? What if mobile food vendors are a passing fad? For starters, cost. Opening a gourmet food truck can be a tenth of the cost of opening a similarly styled (but larger) restaurant. The smaller operation also offers the opportunity to work out the kinks, build the brand, and garner a following before moving onto something bigger.

This is precisely what drew founder of popular local vegan and gluten free food truck Shimmy Shack (opened for business in 2013). Owner Debra Levantrosser, a vegan for 29 years “wanted to show people how good vegan food can be.” She said, “Someone on my idea team (Angie) suggested that maybe a food truck would be a better way to enter the market (less expensive and no building lease required) and to test whether the masses were ready for our kind of food... before we spent money on a restaurant.”

And the people have responded, allowing the enterprise to expand. Not only is there the original truck, Shimmy Shack also provides delicious vegan and gluten free cookies to cafes, such as the Crazy Wisdom Tea Room and The Flower Bar in Ann Arbor, and is opening





Trucks gather at Noel Night and Eastern Market in Detroit. They are rolling up to wedding receptions, graduation celebrations, sorority parties, and it doesn't stop there.

its own restaurant in Plymouth at the corner of Ann Arbor and Sheldon roads. Levantrosser also hopes to soon expand across the state into Kalamazoo within the next few years and added, "We'd love to have our cookies in 100 stores as well!"

Emily and Corey Russell, the owners of Naughty Boy's Rolled Ice Cream, which launched in 2016 and quickly became a popular addition to the Ann Arbor Farmers Market Food Truck Rallies, also hope to one day open a brick and mortar ice cream shop in Ypsilanti in addition to having the trailer. (To read more of their journey, please see the Crysta Goes Visiting column in the Fall 2018 issue #70, page 18) Ann Arbor residents might be familiar with the now-closed Mark's Carts and that several former carts are now restaurants in the Ann Arbor region (Kerrytown's popular Lunch Room, for example).



Food truck rallies are a true foodie paradise, and as many travelers have learned, street food is an exciting culinary adventure.

Food truck rallies are a true foodie paradise, and as many travelers have learned, street food is an exciting culinary adventure. The first rally of the season at the Ann Arbor Farmers Market is Wednesday, May 1st from 5 p.m. to 8 p.m.

Find the food line-ups for the Ann Arbor Farmers Market at www.a2farmersmarket.org and the Royal Oak Farmers Market at [facebook.com/royaloakfarmersmarketfoodtruckrally](https://www.facebook.com/royaloakfarmersmarketfoodtruckrally). To find (and book) trucks and carts near you - for anywhere in the country - check out RoamingHunger.com, "the hub for all things street food and catering." (Note: Ann Arbor is not included. The closest city is Detroit. However, Roaming Hunger is a terrific resource when traveling.)



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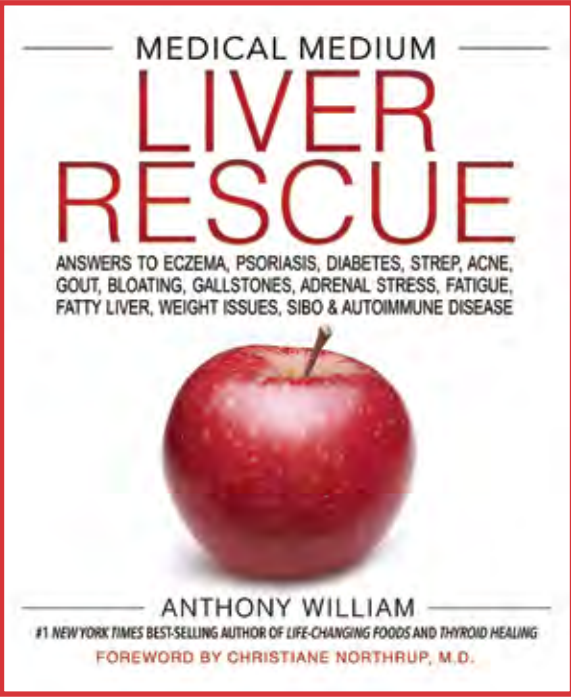
Spring is the perfect time for Liver Rescue by Anthony William

A book review by Catherine Carlson

“As within so without” is a universal law. What’s going on outside of us is often times identical to what’s going on inside of us. Reflections are everywhere. So it makes perfect sense that, in this time of overflowing landfills and homes bursting with too much stuff, our own internal trash receptacles, that is to say, our *livers*, are being inundated with an abundance of waste.

In his latest book *Liver Rescue* (Hay House 2018), author Anthony William, also known as “The Medical Medium,” explains that our livers are crying out for help. Most of us think that our liver’s only action is processing alcohol, but this amazing organ performs more than 2,000 functions—some as yet undiscovered by medical science—in order to keep our bodies healthy. Our diets and lifestyles have hit the liver hard and this champion organ could use a little help from us. William, who gets his information largely from Spirit, shares his approach.

I was surprised to learn that, according to William, nearly every popular diet from paleo to vegan contains certain foods which can adversely impact the liver if consumed too often. Another revelation is the fact that the liver’s health is intimately related to that of the heart. Heart disease is a leading killer. According to William, heart stressors represent another pathway of stress on the liver.



William wants readers to know the declining health of our livers is not our fault. Even babies today are born with livers functioning at only 70%. Food is a part of it but food is only the tip of the iceberg. He gives us “The Troublemaker List,” a lengthy twenty pages of text outlining environmental and chemical toxins, in addition to problematic foods, that our liver is being bombarded with. He lists everything from fragrances and plastics to fuel exhaust and impure rainfall. Yes, all of these filter down into the spongy liver. Of course we can only control so much of these external factors, but it is a red flag that our livers are working overtime. We have an opportunity to give the liver a hand with the tools in this book.

The solutions are plenty. There is the simplest, try eating more apples (they made the cover after all), and the more intense “3-6-9” program, a nine-day liver cleanse. He also provides supplement and dosage recommendations for many common health concerns such as diabetes, hormone issues, eczema, and high blood pressure, to name a few. By following the protocols outlined in the book, you may rid the liver of some toxins in as little as 90 days.

I tried the nine-day liver cleanse myself, and the results were nearly immediate—my mood and sleep improved and I experienced a lot more energy! In a short amount of time I was able to notice how my eating habits, including foods I am eating or not eating, and at what time of day, could be contributing to some of my own health issues.

Our beleaguered livers have taken a beating. Decades ago they had much less to contend with. Fast-forward to today and it’s no wonder chronic ailments and mystery illness seem to be cropping up everywhere. If, like so many of us, you have been spinning your wheels when it comes to improving your health, the textbook-thick *Liver Rescue* has arrived at an optimal time. William brings this overlooked five-star organ into the foreground, showing us what we can do to lighten the liver’s load so that it can do its job—taking care of you. According to Chinese Medicine, spring is the season when our liver qi starts to rise up and out, making now the ideal time for self-care.

Liver Rescue is available at the Crazy Wisdom bookstore. Catherine Carlson grew up in Ann Arbor and returned in 2014 to raise her family after many years living on both coasts. Her professional interests include aura-soma, astrology, and writing.



Tea Time with Peggy

Stressed? Drink Tea!

By Peggy Alaniz

Life these days can be stressful. If you don’t believe me spend five minutes driving on I-94 between Ypsilanti and Ann Arbor during rush hour. Stress is not good for the mind, body, or spirit. It can cause inflammation, high blood pressure, and even anxiety. In order to maintain a healthy lifestyle it is recommended that an individual decrease their level of stress—often easier said than done!

What if something as simple as drinking the right type of herbal tea could help? Where coffee has been known to increase anxiety, herbal tea has a relaxing influence on the body. Three teas known for their calming effects are chamomile catnip, and it’s close family member catmint.

Chamomile contains the antioxidant Apigenin as well as vitamin A, calcium, magnesium, and potassium. Chamomile not only helps a person relax and sleep better, it has also been shown to help lower blood pressure and fight inflammation.

Catnip and catmint contains Nepetalactone, which is similar to valerian, along with vitamins C and E. Where catnip tends to make your kitten or cat hyperactive, it has the opposite effect in a human. It aids in relaxation as well as sleep.

The two teas can even be combined to increase relaxation. If you are new to drinking herbal teas, I would suggest trying one of them at home in the evening to see the effect it has on you. After all, it can be embarrassing to fall asleep somewhere unintended. Some people are more sensitive to chamomile and others catnip. Personally, I have been known to drink chamomile tea during daylight hours in order to relieve the anxiety of a stressful day when I have a deadline to meet.

I also drink another one in the evening around eight, as part of my winding down ritual for the evening. It is good to remember that all tea is a diuretic. If you drink it too late in the evening you may be running to the bathroom all night, which could be counterproductive. I prefer sleep over mad dashes to the bathroom!

The beautiful thing about tea is that it can be consumed hot or cold. Herbal teas like chamomile, catnip, and catmint can be easily infused in a water bottle that you refill throughout the day. Since they are herbal it is okay to continue to re-steep without the fear of your drink tasting bitter.

Next time you find yourself fighting with traffic, late for an appointment, taking an exam, or just have a day where things seem out of control, try a cup of tea.

Peggy Alaniz is a local tea enthusiast and former resident of Boulder, Colorado where she spent time employed by Celestial Seasonings. Have a question about tea? Email Peggy at peggy@teatravelandspirits.com.

Visit the Crazy Wisdom Tea Room for a cup of Aquarius’ Tranquil Tisane, a mixture of chamomile, catnip, and skullcaps. Mention the new tea column in the Crazy Wisdom Community Journal and receive your first cup for half off the normal price. You can’t go wrong with a discount and a tranquil tea room to relax in. Don’t worry, we’ll wake you up if you fall asleep in one of our comfy chairs!



Bee Sweet

A Local Solution For Preserving Your Food and the Environment



By Matthew Silvasi

Despite the fact that starting any new business often comes with overcoming financial hurdles, working up the courage to start can often be the hardest part in and of itself. It's easy to get overwhelmed by all the work that goes into running a business. The thought of hiring employees, managing the day-to-day operations, and trying to turn a profit can be a lot to juggle. However, I have discovered a local entrepreneur that dispels many of the myths centered on running a successful, and environmentally sustainable, business.

What formed was an ingenious product that not only preserves left over food, but the environment as well.

Zoe Arvantis, who grew up in Dexter, has lived in Michigan all her life. Quickly after graduating, she found work as an aspiring cook. After working in different restaurants throughout the Ann Arbor area, she found it hard to ignore the environmental impact of the restaurant industry. Zoe commented, "Being in kitchens you see a lot of waste, and a lot of single use plastic supplies. I didn't enjoy the mental burden of the day-to-day waste I was seeing and shamefully contributing to." The time spent in the kitchen inspired her to create a more eco-conscious alternative to plastic wrap and earlier this year she started her eco-business venture, Bee Sweet.

What formed was an ingenious product that not only preserves left over food, but the environment as well. The process of making Bee Sweet Wraps starts with traveling to local thrift stores in the area. Zoe makes these trips several times a week, meticulously hunting for fabrics that really stand out. After she finds the fabrics that catch her eye, the hands-on work begins. "I wash all the fabric and cut it to the desired size," Zoe told me. "I then melt local beeswax, American pine resin, and jojoba oil until it reaches a liquid state. Using a paintbrush, I paint a thin layer of the wax mixture onto the fabric. The fabric then takes a quick trip into the oven, giving the wax time to soak in. Once out of the oven, I cool it, fold it, and package it."



Zoe's product holds true to the values on which she founded her business. These reusable food storage wraps can last anywhere from one to two years. Once the wraps are no longer viable they can be cut up into small pieces and composted. From start to finish, Bee Sweet keeps the environment in mind while also creating an effective way to store left over food. Zoe focuses not only on having a sustainable product but a sustainable business model as well.

By making use of her home kitchen, Zoe avoids the need of setting up a shop or distribution area while her business gets off the ground. Although Zoe is not against the idea of growing Bee Sweet, she demonstrates that you don't need a big bank account to start a new business. The leap of faith can be made with merely an idea and a plan of action. Zoe learned this through her time working as a cook. "Over time, the grind of long hours, working with my hands, and a number of self-managed projects left me feeling confident I had the work ethic and drive to do anything I put my mind to," she said.



Zoe has used her hard work and good business sense to provide something not only for herself, but also for the community. Many locals are thrilled about the ability to use a product substitute for plastic in a time where plastic use is completely out of hand. Bee Sweet customer, Amy, told me, "I'm always looking for more ways to be environmentally friendly. I like using Bee Sweet because I know how much plastic I'm keeping out of the environment. You hear stories all the time about how insane this problem is—whether you're talking about the big plastic island in the Pacific Ocean or the amount of oil that goes into making plastics. It feels good knowing I'm supporting a local business and being eco-conscious." Zoe is proud to be part of a movement that allows not only herself to flourish, but the community and the planet as well.

Taking an entrepreneurial risk doesn't have to be a huge enterprise.

Taking an entrepreneurial risk doesn't have to be a huge enterprise. Zoe shows the key to running a good business isn't the size or money involved, but the ideas on which they are founded. "I love knowing that I took a step out of my comfort zone in order to provide a more eco-friendly future," Zoe commented.

Learn more about Zoe and her business adventures on her Facebook page www.facebook.com/BeeSweetWraps/. Bee Sweet wraps can be found at Argus Farm Market, Downtown Home and Garden, and the Ypsilanti Food Co-Op.



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Literary Teas



WHEN OLD BECOMES NEW

The Hidden Power of Plants in the Matthaei Medicinal Garden

By Angela Madaras

Upon arrival the Matthaei Botanical Gardens may seem a bit intimidating, with a barrage of rattlesnake warning signs posted along the long winding drive through the wild, prairie-like, bucolic setting. But once you pay for your parking at the self-pay port and enter the arboretum or gardens, you are transported to a happier place from within the deep recesses of your childhood memories. It is altogether beautiful, peaceful, and engaging. There are many display gardens and areas of interest, but this article focuses exclusively on the outdoor Medicinal Garden.

Created with slight hills that are connected with a paved foot path, and separated by individual beds that are woven into one spatial plot to the left side of the conservatory, the garden is comfortably dotted with spots to sit in sun or shade. The plants it features have immeasurable value for uses in medicinal and culinary preparations. Through its design and signage, this garden explores and informs the viewer about the hidden properties behind each plant and the historical connection to a similar U-M garden from the 1800s. Here the past meets modern technology.

I met Dr. Sara Warber here on a hot summer's day for a hands-on tour and to talk about the intention of and her involvement with the creation of an outdoor teaching medicinal garden. Sara told me that the layout was set up for the visitor as a cognitive map, arranged by disease and/or body system, as you can see in the signage and plan layout. For example, one might want to find herbs that ease respiratory ailments or cardiovascular issues. The layout, combined with graphic signage, makes it easy to navigate to where one's interest lies.



Through its design and signage, this garden explores and informs the viewer about the hidden properties behind each plant and the historical connection to a similar U-M garden from the 1800s.

According to the website for the University of Michigan Matthaei Botanical Gardens and Nichols Arboretum:

The medicinal garden at Matthaei recalls the earliest botanical gardens at U-M and contains a wealth of contemporary information on plants and the medicines derived from them. The plants are arranged by the body system or disorders and diseases they are meant to treat, such as infectious diseases, cardiovascular, digestive, and others. The Medicinal garden will promote a better understanding of the profound relationships between plants and human health...[and] provides an educational experience where visitors and the university community can immerse themselves in an environment of healing.



The plants are arranged by the body system or disorders and diseases they are meant to treat, such as infectious diseases, cardiovascular, digestive, and others.

Plants, health, and medicine share a long history together. The unique role of plants in health and wellness encompasses both the foods we eat and many of the medicines we take. Today nearly 40% of pharmaceuticals in the United States used to treat human disease are derived from plants or were originally derived from plants, according to the University of Michigan's Dr. Sara Warber [now retired] in the Department of Integrative Medicine.

Dr. Warber is now providing consultation to the World Health Organization, and finds that patients around the globe are increasingly more interested in herbal medicine. Dr. Warber's knowledge and experience with herbal medicine led the garden's Director, Bob Grese, to involve her with the planning of the garden and in deciding what plants to include. When I met with Dr. Warber, I asked her about how they intended to use the garden space beyond just for display. She

and other professors used the garden as a classroom for the medical fellows studying Integrative Medicine and other curricula at The University of Michigan. They also brought in another group, "Faculty Scholars in Integrative Healthcare"; faculty members from many different U-M schools of varied disciplines, who over the course of a year studied about natural medicine. They spent a whole day in the garden, where they engaged in an herbal scavenger hunt. They had to find and identify plants not only in the garden, but also in the greenhouse. They were tasked to describe the plants and their uses, and then share that information with the group. This was one of the highlights of Sara's career. Many others also contributed significantly to the experience of the Faculty Scholars' day, including local herbalist Linda Diane Feldt, who was present during this event as a consultant. In addition, Suzanna Zick, a naturopathic physician who is currently the co-director of the Integrative Medicine Program at the University of Michigan, helped on the herbal teaching end, but was not directly involved in the garden itself.

In keeping with their innovative approach, the developers of the garden wanted an updateable electronic link, so there is a QR (Quick Response) barcode on every plant sign. A lot of research and vetting went into finding the herbs and describing their properties in an up-to-



Here the past meets modern technology... In keeping with their innovative approach, the developers of the garden wanted an updateable electronic link, so there is a QR (Quick Response) barcode on every plant sign.

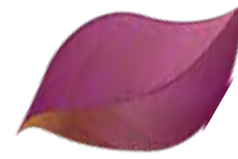
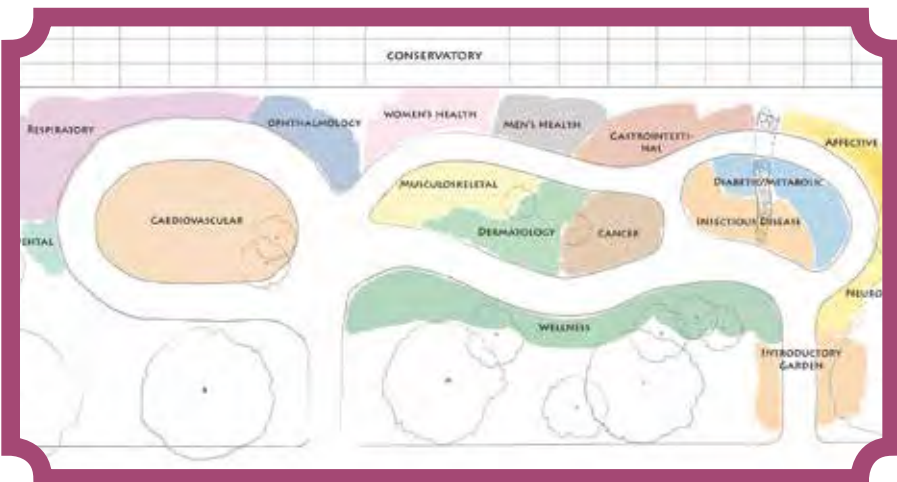


date and reliable way. The viewer who brings a phone or tablet can scan the QR to access information about the plants, including more evidence-based data, since this is always changing. This is very important for the younger, tech-savvy generation.

I have joyfully visited the garden a couple of times since it opened, and I always find something new or interesting to study. I found it extremely educational and inspirational at once. I even was inspired to plant several of the herbs in my own medicinal garden, including a tall, perennial foxglove that has white, thimble-shaped flowers, and the leafy green and slightly stinky valerian, with the tiniest, tender, white flowerets. Each of these is featured in the Medicinal Garden: foxglove (identified as digitalis) in the “Cardiovascular” section, and valerian in the “Affective” grouping. Both plants can be used for making teas and other preparations. For example, I make a tincture as a sleep aid from valerian, which shares at least linguistic roots with today’s modern sedative medication called valium.

I have taken others to visit this patch as well and have had only positive responses. Of course, we need to pay attention to our surroundings and wear proper shoes/boots when enjoying the great outdoors, while also being mindful that we are in a natural environment where other creatures live and thrive. We are their guests! It is important that we do not pick, eat, harvest, or cut any of the plants, which are there for all to enjoy. At certain times of the year there are plant sales listed on the website, so people can purchase and grow plants that have caught their eye during visits.

You can visit the medicinal garden at the Matthaei Botanical Gardens, 1800 N. Dixboro Rd. Ann Arbor. Winter hours are 10 a.m. to 4:30 p.m. daily and Wednesdays until 8 p.m. Learn more online at: mbgna.umich.edu



The author connected with Bob Grese, Director, Matthaei Botanical Gardens and Nichols Arboretum, who explained the history of the garden in his words:

When we were developing the plans for the Display Gardens at Matthaei between 2007 and 2008 or so, we envisioned the strip along the east edge of the Conservatory to be a place where we could have rotating garden installations. We solicited ideas from staff and others about what kinds of gardens would be of interest and ran several experiments for a few years—for example, we installed an accessible garden, and a whimsy garden (people decorated flamingos). What we discovered was that creating a garden from scratch every year was expensive in terms of staff time and funding, and often the garden had little impact until later in the summer.

Meanwhile, I had visited the Royal Botanical Gardens in Hamilton, Ontario [Canada], and was fascinated with their medicinal garden that had plants arranged by the system of the body. Visitors seemed intrigued and were reading each of the interpretive signs throughout the garden. I came back and talked with folks here about the prospect of a medicinal garden, recognizing that the earliest botanical garden at the University had been a medicinal garden, for teaching medical and pharmacy students about plants useful for medical purposes. We did discover some photographs of that early garden, but we don’t have lists of what was planted there. We were able, however, to find the journal of a student—Louis Clare VanGordon—who studied pharmacognosy under Dr. Julius Schlotterback, and found a list of plants being studied in his pharmacognosy class. We assume the plants from VanGordon’s list may have also been planted in the original medicinal garden on campus.

At some point (2012-13), we talked with Dr. Sara Warber, who was the head of Integrative Medicine at UM, and she brought in Dr. Leslie Shimp from the School of Pharmacy. Both Drs. Warber and Shimp were very helpful as we further developed the ideas for the garden and provided the plant lists of what to include. Dr. Tony Reznicek noted that the UM Herbarium had plant records from Douglass Houghton, who had collected potentially useful medicinal plants in his tours across Michigan in the early 1800s (he is better known for his geology investigations, but he was actually a medical doctor and an expert botanist). The Herbarium has many of the plant specimens collected by Houghton on those travels. In addition, I was aware of the work of Dr. Alvin W. Chase, who was a doctor from Ann Arbor in the mid-late 1800s who wrote several popular ‘recipe’ books about plants that could be used for a variety of medical and practical household uses.

With all of this in mind, we developed a plan for the garden. The garden has three thematic areas:

1. An area sharing the historical background of the study of medical plants here at UM and by Dr. Chase.
2. Plants arranged by various diseases or systems of the body they are used to treat. For each disease or system of the body, we have at least one “poster” plant with a drug name visitors might recognize. Drs. Warber and Shimp were essential to helping us develop this information.
3. A ‘wellness’ portion of the garden showcasing plants clinically shown to have health benefits. That part of the garden is now known as the Gretchen Jones Miller Wellness Collection. Gretchen Jones Miller was the mother of a donor, Leanne Miller, and her family named the garden in her mother’s memory.

As we worked to develop the garden and plan for its opening, our Curator, David Michener, worked with the University Museum of Art (UMMA) to create an exhibit sharing the plan of our garden together with some of the historical medicinal plants found in the University Herbarium collections.

Clearly the garden is a living and evolving garden. Many of the plants are not hardy here in Michigan and so are grown in our greenhouses for parts of the year. We are still discovering which plants we can grow well. We will also need to update our lists of plants to include from time to time as new discoveries are made. Our goal is to help people see the connections between plants, their medications, and health.

While David Michener did some of the sourcing of plants, Mike Palmer also found sources for many of them. The more recent horticulturists managing the garden, Carmen Lezkoviansky and Doug Conley, have also sourced some of the current plants. The garden is intended to continue to serve as a teaching tool for groups like Dr. Sara Warber’s groups of Fellows and faculty, as well as for the general public. It is intended to be an indefinite or permanent collection garden.

Great Tastes in Local Food

By Crysta Coburn • Photography by Rachel Everheart

Wild Poké

Poke bowls have taken Ann Arbor by storm. If you have never tried this native Hawaiian dish comprised of cubed fish, vegetables, seasonings, and dressing over rice, the new Wild Poké, located in downtown Ann Arbor, is a solid place to start.

Its fast-casual style makes it easy to customize your meal. First choose whether you want a bowl or a wrap. Next, pick your base, white or brown rice, spring greens, power greens, rice vermicelli, sushi rice, or none. Then you have your choice of one, two, or three proteins, which include tuna (the traditional poke choice), spicy tuna, salmon, shrimp, octopus, house beef bulgogi, tofu, and marinated shiitake mushrooms. Last, select your toppings and sauce. (Gluten free protein and sauce options are available, just ask.)

If that's a bit intimidating, try the Poké Our Way, a menu of preset bowl combinations. I went for the California Bowl, a deconstructed California sushi roll in a bowl. I'm a big sushi fan, so I loved this bowl. My husband couldn't resist giving the Hangover Bowl a try, comprised of vermicelli, beef bulgogi, cucumber, corn, sushi-style egg, onion chips, and teriyaki sauce. We don't know where the hangover name came from, but this bowl combo was delicious! Especially the bulgogi.

Our little party also ordered a bulgogi burrito and a kimbop roll, sushi made with beef bulgogi, carrots, cucumber, onion chips, and sesame seeds. You can also order bulgogi on the Wild Nachos made with wonton chips rather than tortillas,

in the Bulgogi Bao Sliders, and the traditional Korean dish Bibimbop. (There is an obvious Korean slant to the menu. I am not complaining.)

Other menu items include edamame, kimchi, miso ramen, fishcake soup, summer rolls, and five kinds of sushi. For your beverage, try the boba tea, loose leaf hot tea, a fruit smoothie, a can of Shikhye Rice Punch, Crunch Crunch Pear Drink, Coco Grape Drink, Paldo Aloe Drink, or, if you must, another bottled or canned beverage you could get anywhere. (But come on! It's called Crunch Crunch Pear! How can you say no?) There are also bags of Kasugai Japanese Gummy Candies in several flavors (I picked melon), and you can buy all-natural locally-made dog treats for your dog! This menu could keep me busy for weeks.

Wild Poké is available on Grubhub, so in addition to eating in the comfortable and efficient dining room, you can order ahead of time and pick up or have it delivered. With the midday lunch specials, Wild Poké is a very welcome addition to the Ann Arbor food scene.

Wild Poké is located at 413 East Huron Street Suite C in downtown Ann Arbor. The restaurant is open Sunday through Thursday from 11 a.m. to 9 p.m., Friday and Saturday from 11 a.m. to 10 p.m. Delivery ends one hour before close. For more information visit their website eatwildpoke.com, call 734-780-7171, or email info@eatwildpoke.com.

Fresh Forage

I had been reading about the new farm to table restaurant Fresh Forage coming to Ann Arbor's far west side since before it opened. The top of their website says "Farm to table, fast!" and they are not kidding. This friendly fast casual was not what I expected – in the best way possible.

Usually farm to table restaurants come with a certain level of sleek, modern style and a hefty price tag. So I was pleasantly surprised to walk into the brightly colored fun and funky restaurant that Fresh Forage turned out to be. Behind the prep counter could be seen trays of green onions growing. It doesn't get fresher than that!

Intrigued by the self-ordering terminals, which I had never seen before, I decided to order with one of them. Since my husband and I were the only ones in line, I was able to take my time, flipping through the many options to build my own bowl, starting with two of my favorite things, white rice and teriyaki chicken. My husband chose the signature Pork Noodle Bowl with a side of salted sweet potato chips and a coffee.

We don't know where the hangover name came from, but this bowl combo was delicious!





The top of their website says “Farm to table, fast!” and they are not kidding. This friendly fast casual was not what I expected – in the best way possible.

We also got a side of the garlic and herb sweet potato chips and, because they initially forgot to give them to us, we got a complimentary cinnamon and sugar sweet potato chips, resulting in a surprise sweet potato chips taste test. I liked the cinnamon and sugar chips best while my husband preferred the garlic and herb. The salted chips are a solid choice, too.

I performed another taste test on the soda fountain, only one of several beverage options. The brand is Puck’s and the sweetener is pure cane sugar rather than high fructose corn syrup. The cherry was my favorite, but they were all delicious. Other drink options include kombucha, smoothies, coffee, tea, and many types of milk.

Another fun thing I experimented with were the five fresh sauces: vegan sesame ginger dressing, vegan Fresh Forage sambal (very spicy), vegan gluten free ponzu, Sriracha aioli, and sweet mustard aioli (which I am convinced can be put on anything). The different sauces each add a distinct new flavor to the already flavorful bowls. Go ahead and play.

Rice pudding (marked vegan or dairy), vegan chocolate mousse, and vegan caramel mousse made up the dessert menu. I quite enjoyed the vegan caramel mousse. I even dipped the cinnamon and sugar sweet potato chips in it, making a sweet and crunchy dessert.

Fresh Forage offers both pick-up and delivery, so if the restaurant is a little out of the way for you, as it is for me, please take advantage of these options and give Fresh Forage a try.

Fresh Forage is located at 5060 Jackson Road in Ann Arbor. Find them online at freshforage.com or @MIFreshForage on social media. Their phone number is 734-887-6655. Hours are 11 a.m. to 8 p.m. every day of the week.

Dalat

Beloved downtown Ypsilanti Vietnamese restaurant Dalat has made the move to Ann Arbor! First opened in 1990, this is the third location for the restaurant. Owner Lang Bui recently retired, selling the business to her children. The new owner is daughter-in-law Tran Nguyen, and the new manager is Bui’s son Son Le. Dalat has always been family-run making the food authentic, fresh, and delicious.

I don’t know how Ypsi residents feel about losing Dalat to Ann Arbor, but while my husband and I were there dining, a woman gushed to the server about how excited she and her partner were that Dalat had moved to Ann Arbor because it was closer for them and they would be eating at the restaurant a lot more now. I think this speaks to Dalat’s authenticity and quality of their flavorful food.

The interior design is simple, the walls lime green with orange accents, and leaf designs decorate the glass windows. This may sound odd, but it worked for

me, and was a preview of the colorful dishes that were in store for us. Health experts often say to “eat the rainbow” for the most nutrition, and I felt like I accomplished that at Dalat. I was also impressed with how quickly our food arrived, and the wait staff was friendly and attentive.

I strongly recommend beginning your meal with an appetizer. The egg rolls were the best egg rolls I have ever eaten. They struck me as unique from other restaurants’ egg rolls because Dalat’s are stuffed with black mushrooms and thin noodles in addition to the more usual shredded cabbage and carrots. They are served with a delicious Vietnamese sweet and sour dipping sauce.

If you are a fan of phở, a Vietnamese soup comprised of broth, rice noodles, herbs, and meat, then you will be delighted by Dalat’s menu. There are also chicken soups and bowls of udon (a thick wheat flour noodle). Dalat also offers several rice plates and vegetarian

entrees. Spicy dishes are indicated with one, two, or three chili peppers, but most of the items have none.

I ordered the Bò kho, a flavorful beef stew with carrots, mushrooms, and onions. My husband opted for the Bún nem nướng chả giò, “rice vermicelli, Vietnamese-style grilled pork meatballs, bean sprouts, cucumber, topped with cilantro and crushed roasted peanuts.” To drink, we both had coffee in the Vietnamese style with sweetened condensed milk, which has the perfect level of sweet for me. (Fun fact: Vietnam is the second largest producer of coffee worldwide. So if you like coffee, don’t hesitate to order!) Curious about the Jackfruit and Toddy Palm In Ice listed on the dessert menu, I ordered one. It arrived as advertised, chunks of fruit in a glass of ice, and it was both refreshing and a satisfying way to end the meal.

Dalat is now located at 2216 South Main Street in Ann Arbor. It is open from 11 a.m. to 9 p.m. Monday through Saturday, closed on Sunday. For more information visit dalatrestaurantannarbor.com, call 734-487-7600, or email manager@dalatrestaurantannarbor.com.



Health experts often say to “eat the rainbow” for the most nutrition, and I felt like I accomplished that at Dalat.





TREAT YOUR PET!

CLEAN EATS FOR OUR FOUR-PAWED FRIENDS FROM THE BROWN BASSET BAKERY FOR DOGS



By Staci Tripolsky

With more and more people identifying their dogs as not just a pet, but a very important part of their family, it's no surprise that the demand for increased quality in dog food and dog treat options has risen. This thought process led me and my team at The Brown Basset, a local bakery for dogs based out of Chelsea, to start digging into our recipe books to create the best dog treats possible using simple, clean, organic, and all-natural ingredients with no preservatives. Your pups will flip for these scrumptious treats, and our menu of approximately 20 different cookies, muffins, and cakes fall into this "clean" category.



Yes, minty fresh breath is just a dog treat away!

Ready to try baking one of our best "clean" treats? We've got you covered with a recipe you'll love just as much as your pooch. It's our Breathmint Stars cookie (and it's gluten-free). Yes, minty fresh breath is just a dog treat away! Trust us, you'll be thankful you made this one for your furry friend.

A Brown Basset Favorite: Breathmint Stars

Ingredients:

- 3 cups of oat flour
- 1 cup of coconut flour
- ¼ cup finely chopped mint leaves
- ¼ cup finely chopped parsley leaves
- 2 large eggs
- 1 cup of water
- ¼ cup of coconut oil



Instructions:

1. Preheat oven to 350° and line two baking sheets with parchment paper. Set Aside.
2. In a large mixing bowl, whisk together oat flour, coconut flour, mint, and parsley.
3. Make a well in the center of your dry ingredients and add remaining wet ingredients. Mix together with a spoon or fork.
4. With your hands, knead dough for several minutes, eventually forming a dough ball.
5. Sandwich dough ball between two sheets of parchment paper and roll flat (about 1/4" thick) with a rolling pin.
6. Using a star-shaped cookie cutter (or any shape of your choosing), stamp out cookies.
7. Place cookies on a parchment paper-lined baking sheet and bake for 25-30 minutes.
8. Transfer to a wire rack to cool.

Notes:

Be sure to allow cookies to fully cool before placing in an airtight container. Refrigerate up to two weeks or freeze for up to three months.



Of course, when you boast a focus on the integrity of ingredients, you're bound to get questions about ingredients. So let's look at the top three that we receive regularly.

Question 1: "They sound so healthy. Can humans eat these too?"

While the treats created at The Brown Basset are made with quality human-grade ingredients, they are *not* for human consumption. In fact, they are missing the one key ingredient that we as humans love... sugar! So, you're not likely to find these as appealing as your furry family member.



Without the harmful caffeine and theobromine found in chocolate, dogs can enjoy the same flavorful sweetness that chocolate brings without the added risks.

Question 2: "What's that chocolate- looking stuff all over the treats? Isn't chocolate bad for dogs?"

Chocolate *is* bad for dogs, however Carob (an all-natural derivative) is not, and is a great dog- friendly substitute. Without the harmful caffeine and theobromine found in chocolate, dogs can enjoy the same flavorful sweetness that chocolate brings without the added risks. Some veterinary professionals would even offer the opinion that Carob brings dogs some great health benefits due to the amount of Vitamin B1, B2 and Vitamin A found in Carob.

Question 3: "How long do "clean" dog treats last?"

With no preservatives in any of our dog treats (besides all-natural preservatives found in raw honey), the shelf life on dog treats found in The Brown Basset recipe book is roughly two weeks when refrigerated but can last up to three months if placed in the freezer. This, of course, varies based on the ingredients found in the treat.



Even the most finicky eaters can be found drooling over the fragrant smells coming from your kitchen...

Even the most finicky eaters can be found drooling over the fragrant smells coming from your kitchen when you take the extra time to hand craft their "clean" treats.

The Brown Basset has recently decided to go mobile! Starting mid-summer, you can find the Brown Basset at local farmers markets, distilleries, and maybe even along your town's Main Street. Check out their Facebook page @thebrownbasset for more furry family recipes and for their summer locations.



Owner of The Brown Basset, Staci Tripolsky

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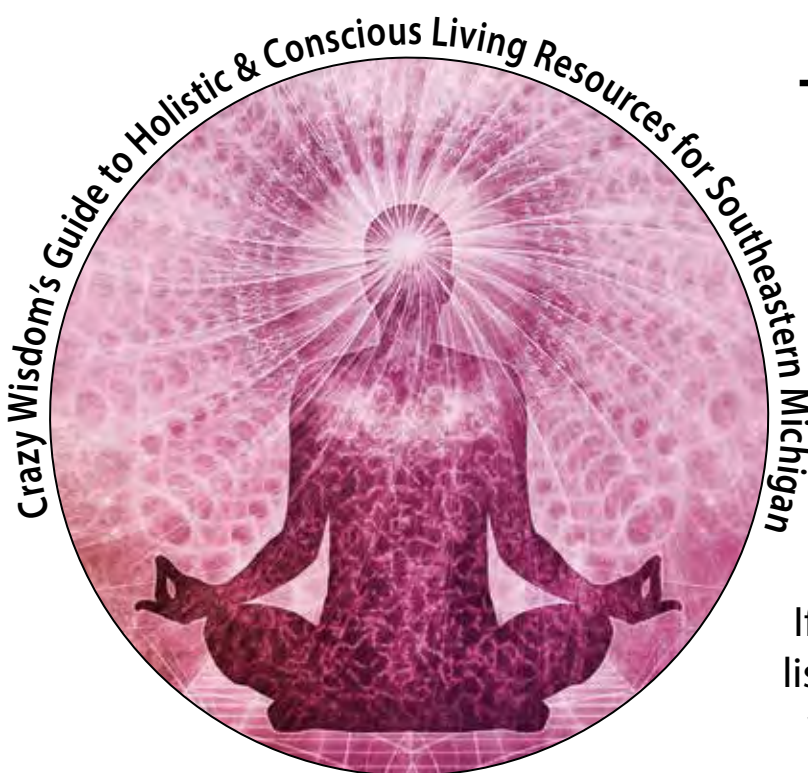
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Hand Crafting

Embroidered Lavender-Filled Warming Pillow



By Jennifer Carson

With summer just around the corner and lots of gardening to be done, what could be better than a pretty warming pillow to ease those sore muscles? Stuff the pillow with some dried lavender for soothing aromatherapy. To heat the pillow, place in the microwave for thirty seconds, pull it out and shake it, and heat it for another thirty seconds. You can also warm it in the oven by placing it in a cold oven on a cookie sheet. Turn oven on to 200 degrees. Shake pillow after five minutes, and put it back in the oven for another two to five minutes, checking it often to make sure that it is not too hot. Be cautious, it could burn you if you get it too hot. You can also try putting it in the freezer if you need a cool pack instead of a warming pack. Enjoy!

Materials needed:

- 14" wide x 28" long light-colored fine wale corduroy, or other medium weight fabric
- Embroidery floss in: red-brown, dark peach, white, black, green, yellow
- Hand sewing supplies
- Scraps of wool felt in your choice of colors for flowers
- 1/4 cup of dried lavender
- Rice or flax seeds for fill
- Heat or water erasable marking pen

Directions:

1. Enlarge pattern 150%. Cut two squares out of your fabric, 14"x14". With a heat or water erasable pen, on the right side of the fabric, transfer the fox design onto one square of fabric.



- 2. Using two strands of reddish-brown floss and a stem stitch or backstitch, embroider the outline of the fox.
- 3. With two strands of peach, embroider the front of the ears and the foot pads.
- 4. With two strands of white floss embroider the nails. Reduce the white floss to one strand and embroider the whiskers.
- 5. With two strands of black floss embroider the fox's nose. Reduce the black floss to one strand and embroider her eye.
- 6. Using a stem stitch and two strands of green floss, embroider the vines. Using a detached chain stitch embroider the leaves on your vines.

7. To add small blossoms to the vines, use six strands of floss and embroider French knots in groups of three or five.

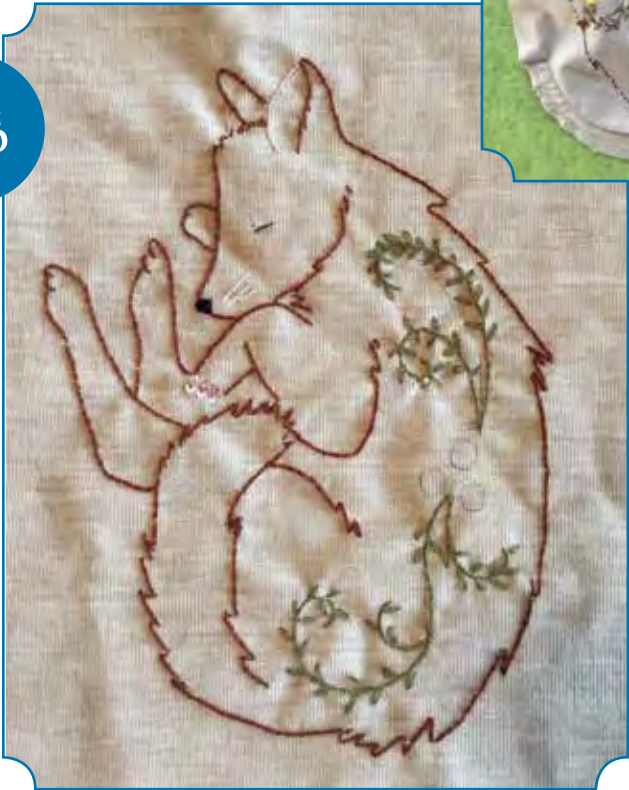
8. Trace the flower pattern onto freezer paper. Cut the pattern out of the freezer paper on the line. With a warm iron, press the freezer paper onto your scrap of felt. Cut the flower out. Repeat to make three flowers.

9. Arrange the felt flowers in the middle of the vines. Use a French knot in the center to hold the flowers in place.

10. With right sides together, draw a line around the fox embroidery about two inches away from the stitching.



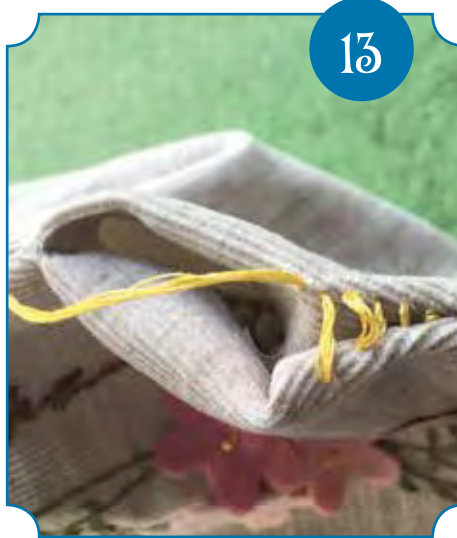
11. Sew the pillow on the line you just drew, leaving a turning opening about four inches wide. Sew a second seam about 1/4" from the first. A double seam will help keep the seeds and buds from poking out. Cut excess fabric away from stitching, leaving 1/4" seam allowance.



12. Turn pillow right side out. To fill the pillow use 1/4 cup lavender and fill with flax seeds (or rice) until pillow is about three quarters of the way full.



13. Hand sew the turning opening closed with a ladder stitch.



Jennifer Carson is a local girl who enjoys creating beautiful items for home and family including: cards, stickers, wool candle rugs, bags, quilts, Waldorf dolls, stuffed animals, and more! You can see more of her work and peruse the over 60 available crafting patterns on her website thedragoncharmer.com.

For embroidery stitch directions, please visit <https://youtu.be/lc6hve0QU-8> for a great video tutorial!



Enlarge this drawing 150%



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The Art of Humanizing Robots

An Interview with Cre Fuller

•Written and Photographed by Cashmere Morley



In the heart of Ypsilanti is an artist's studio that feels, at times, both rooted in the future and the past. Glass eyes of various colors stare at you from every direction. Dentures riveted into metal figures bare wild grins. There is a nostalgia here; a feeling of things lost and found again. But there is also a sense of creation, of assemblage. It is a peek into a modern-day Dr. Frankenstein's mind. A human-meets-robot dreamscape brought to life in rivets and metal. This is Cre Fuller's studio.

Christopher "Cre" Fuller, 46, didn't plan on building tin creations for a living. In fact, when he graduated from Mt. Pleasant High School, he went into building chimneys with his father, and later working at Whole Foods when he moved to Ann Arbor in 1997.

"Like most corporate jobs, it could be frustrating, but I valued my time there," Fuller said. "From there, I went to Plum Market, in a similar capacity, and tried my hand at the wholesale racket. I'm good at helping people and being honest and genuine. Wholesale was a bit of a smarmy... You kind of have to be greasy. And I wasn't good at that."

But he was good with his hands. After saving money and leaving that job to invest in himself and his art, Fuller decided to spend time chasing after a job that would be more fulfilling.

"I think I'd had every creative hobby under the sun. Around 2000, when I bought the house I still currently own, I spent all my money on the house, so I just needed an art. I had seen things around, you know, people making humans and robots out of junk and trash and whatnot, so I just decided to try my hand at it." The first robot Fuller created was around 2000, 2001. To date, Fuller guesses he's built around 600 robots. He's best known as the guy that makes the "Tin Angry Men," a name he's trying to distance himself from. His web presence only bears his name, and no mention of the moniker, since Fuller doesn't feel it fits his creations anymore.

"At the time, I set up a little spare bedroom for all my glasswork and jewelry making. As I went along, I would make these little robot creations. I never took it too seriously. They were just little gag gifts and things like that," Fuller said. "But I've always liked taking things apart, as a little kid, seeing how the guts work. What does what. So taking things apart wasn't a stretch for me. And then just kind of reimagining what those parts could be once you have them unassembled, or disassociated from their previous purpose, whatever that purpose was," Fuller said.

There is a nostalgia here; a feeling of things lost and found again.

"I tend to gravitate toward vintage aluminum, I can get the look of it that I want; I can either keep it brushed and have it kind of dull and matted, or I can polish it, into a chrome-like shine. It has that mid-century vintage feel already, and a lot of the things I prefer to use is early century stuff."

Fuller frequents places like Recycle Ann Arbor and local antique shops to find his

For a vision that personifies parts of the past, Fuller's work seems to capture the minds of young and old in the present.

goods, though he admits it's been a bit harder to find pieces as of late since he's "depleted the local supply."

The Ann Arbor/Ypsilanti area welcomed him and his creations with open arms. "In Ann Arbor, people value art," Fuller said. "And in its soul, it's got people that respect and applaud the art. Ypsi has this humongous heartbeat of art and people who appreciate and applaud it."



His work can be assembled quickly, if Fuller has the right parts.

"If I have all the stuff just sitting there, I can get a simple piece done in a day," Fuller said. "Taking the time to let paint dry, and to let glass eyes cool, I can get a small piece done in a day. But sometimes, I've searched for those parts for a year. A huge component of this, of any assemblage artist, is their pile of goodies."

While he does consider a lot of his work as "assemblage," Fuller also admits that not all of his work falls under that category in art shows, so "found art sculpture" is also an acceptable way to describe what he creates.

If you look at his work, there's a sense of past-meets-future. "I think I was just trying to make that 50's version of a future robot. You know? Certainly, a departure from the modern take of robots. That's what I really wanted to do: [embody] the romance of the vision of the future. When I first started doing this, I wanted them to look like vintage robots from the future. Cross between a little bit *Star Wars*, a little bit *Mystery Science Theatre*. I was always a fan of *MST*. The guy just made robots from crap laying around the shop, and that's exactly what the deal is over here."

For a vision that personifies parts of the past, Fuller's work seems to capture the minds of young and old in the present. "I was surprised by how much of the population were into robots; whether they knew they were, or they found out they were from looking at my work," Fuller said. "Certainly, young kids, boys and girls, all love it. The lamps I make, I try to make them touch sensitive, to turn them on. The kids love that. So do comic book nerds, movie geeks, sci-fi people. I consider myself part of the tribe there."

But his work doesn't stop at robots. Fuller considers himself an artist and event-organizer, who describes himself as a "jack of all trades, who can handle just about anything," with other projects including DIYpsi, an indie art fair in Ypsilanti, and simple, vintage-looking light up signs for personal use as well as business. Fuller has made signs for Sidetrack Bar and Grill and The Wurst Bar in Ypsilanti.

Fuller said, "When I'm working on a piece, I like seeing the personality develop and unfold. Right when I'm done with one piece, I put it on a shelf, and I turn around and start on the next one. I like seeing them come to life. And I like moving on to the next one. And I like learning from the last one. I think it helps the evolutionary chart, if you line them all up, you can see how they all progress."

To date, Fuller guesses he's built around 600 robots.

One of Fuller's muses is H.R. Giger, the Swiss artist most recognized for his work on the film *Alien*.

"He was just a weirdo and had a dark style, all that biotechnical stuff. It struck a chord with me as a kid," Fuller said. "When I'm looking to build something, I'm looking for shapes, maybe some texture... just something I can remove from its original purpose and misplace it. Maybe I don't see it right away, maybe later."

As of late, his work has taken on a different feel thanks to the glass eyes and dentures he's inherited from friends, family, and locals who fell in love with his work.

"I started getting dental molds, plaster casts, usually used, all busted up," Fuller said. "I think I was discussing this at one of my DIYpsi shows, and one of the onlookers said, 'Hey, I have some of my father's old dentures. Would you like those?' And I'm guessing he doesn't need them anymore... so I was like sure."



Fuller said he hung onto those dentures for a few years as he gathered the right parts and pieces for the robot he wanted to make. "I waited until I had a couple of cool pieces to go with it because I thought those were special," Fuller explained. "It helped normalize that person's life."

"People were like 'what the hell is this guy doing?' When I completed the piece with the dentures, it turned out really, really good. It was one of my favorite pieces. It was creepy, it was cool, I felt like I had made a complete piece. I was happy with it."

As of late, his work has taken on a different feel thanks to the glass eyes and dentures he's inherited from friends, family, and locals who fell in love with his work.

I ended up finding her email, sending her a picture of the piece, telling her, 'I finally got around to using your father's dentures, I hope you approve, had a lot of fun...' and she just loved it. Her uncle ended up buying it for her. When I talked to her, she ended up sending me a picture of her father, and I swear to god it was so creepy, how much it looked exactly like him. It was an old man, bald, kind of gaunt, and that's exactly how the piece ended up looking. I was like... get this thing out of here."

But the dentures weren't the beginning of wild part-human, part-machine creations. "The one with my aunt's glass eyes, that was the precursor to starting to get really weird with it," Fuller said. "My aunt has a glass eye; apparently you have to get them replaced because your physiology changes, so she has some glass eyes and I was like, 'Aunt Sally, you have to give those to me,' because she was talking about throwing them away. I thought that was absolutely crazy, you don't throw away glass eyes," Fuller said. So he decided to incorporate them into his work.

"She's tickled pink about me using it. It was the gateway of getting super weird. Then the teeth... the way the whole thing came together. Kismet-ly looking like him. That was probably the weirdest thing I've ever made."

For Fuller, there's a humanness to what he creates.

For Fuller, there's a humanness to what he creates. "You can go online and buy [glass eyes or dentures] and there's a million of them out there. But that's not the point of what I do. I'll search eBay for some stuff, but things like that I don't want to buy. It's not the point," he said.

"The way I make something personal is like if you have a certain piece of kitchenware that Grandma used to use. Something that has her soul in it. His or her soul. A lot of the times, I'll find an old biscuit cutter where the wood's all worn away. I just picture someone in the 50's, 60's, little old grannie or whoever, cutting biscuits out with love, wanting them for her family or grandchild, so that love, that energy is in that handle. When I look for pieces, I look for stuff like that. Pieces with scuff marks, the handle that has seen so many biscuits cut. It's hard to make something look like someone, but there are ways to instill their soul in something."

To see more of Cre Fuller's work follow his Instagram @crefuller or visit him online at www.crefuller.com. Contact Fuller at tinangrymen@gmail.com.





STRAWBALE STUDIO

In addition to being a structure, Strawbale Studio is also a skill-building program with a goal of reweaving people and nature.

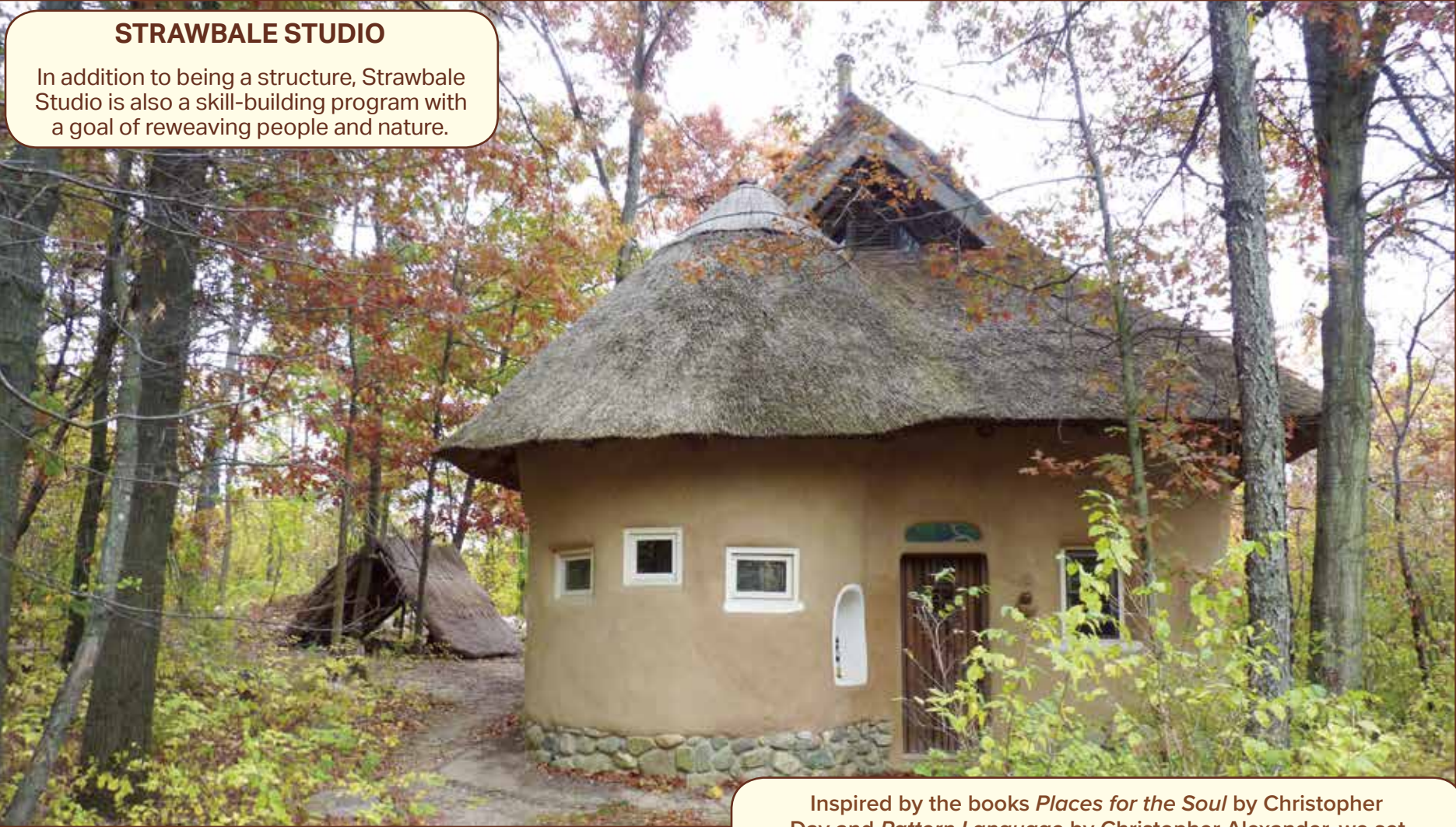


Photo by Dana Driscoll

Strawbale construction is warm in the winter, cool in the summer, easy to maintain, and is now in the Michigan Residential Code for building!

Inspired by the books *Places for the Soul* by Christopher Day and *Pattern Language* by Christopher Alexander, we set out on a journey that came to include Carolyn Koch, Gregie Mathews, volunteers, and experts as we practiced the ways of stone, wood, reed, straw bale, and earth.



Strawbale is very compatible with Michigan climate and provides energy conservation more insulative than building codes require. Strawbale wall systems also provide good indoor air quality by having tight, yet breathable walls.

My relationship with natural building started in 1996 when I took a 3-week course from the Cob Cottage Company on the West coast. It was a life-shaping experience in living and building with others, filled with the use of natural materials harvested from the land, food from the garden, bread from the earth oven, evening music, and camping. I came back to Michigan with the advice of my teacher, Ianto, to build with strawbales in this cold climate. I met up with Fran Lee who lived on rural land outside Oxford with her brother and sister-in-law, and together we set out to create a structure that feels like a hug. Inspired by the books *Places for the Soul* by Christopher Day and *Pattern Language* by Christopher Alexander, we set out on a journey that came to include Carolyn Koch, Gregie Mathews, volunteers, and experts as we practiced the ways of stone, wood, reed, straw bale, and earth. Strawbale Studio became the work of many hands and a labor of love created with much time and perseverance. A small building is a good place to start!

A common saying in the natural building industry is that if we want our home to be long-lasting, it's important to have a good hat and boots!



In time, the folks that lived here moved on to other life adventures, and I bought the property, moving into the main house on the land, overlooking the Strawbale Studio. In addition to being a structure, Strawbale Studio is also a skill-building program with a goal of reweaving people and nature. Classes and activities include natural building and a wide variety of sustainable skills such as earth oven and rocket stove, fermenting and foraging, mushroom logs, and biochar. Potlucks with tours give the

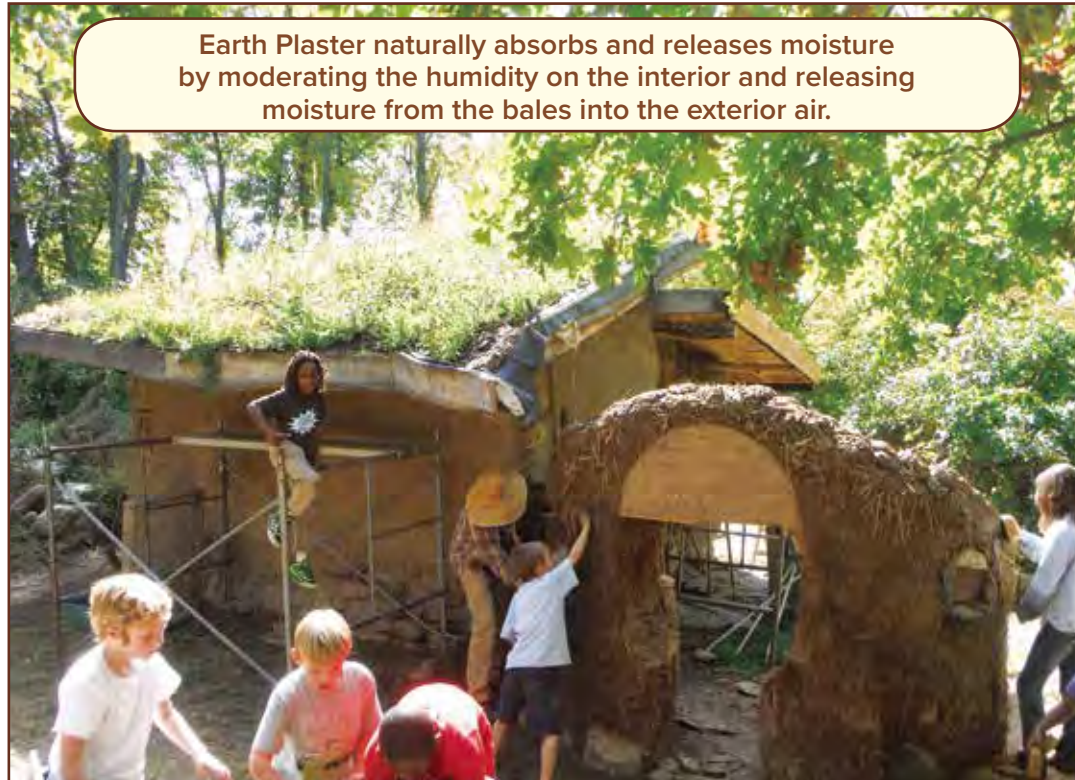




Interns on Hobbit Sauna Living Roof

protective roof overhang of two to three feet, and a foundation stem wall that lifts the straw bales off the ground at least eight inches, with slope and drainage to move water away from the building. The bales are separated from the foundation with a moisture barrier and a toe-up keeps water from wicking from below and protects the walls from inside flooding. I recommend a post and beam structure in this climate to bear the snow loads and protect the bales from water during construction.

Earth Plaster naturally absorbs and releases moisture by moderating the humidity on the interior and releasing moisture from the bales into the exterior air. I apply three coats of earth plaster, with the final coat polished smooth, or sponged to a finish. Floors are also three earth layers, finished off



Earth Plaster naturally absorbs and releases moisture by moderating the humidity on the interior and releasing moisture from the bales into the exterior air.

As in conventional houses, keep plumbing out of the exterior walls, and consolidate plumbing as much as possible. Bruce King, author of several books on strawbale building science says, "It's best to avoid any plumbing pipes in a straw-bale wall; in a pinch, it's always possible to build a chase or a faux framed wall for the plumbing." Electrical wires and cables can also be run through a baseboard chase (box) allowing accessible passage for wires on exterior or interior walls.

Over the last 20 years, there have been three "touch ups" to some of the earth plasters on the inside and outside of Strawbale Studio. To patch, we mix clay/sand subsoil into a peanut butter consistency, dampen the existing plaster, and fill in any depressions.



Strawbale Construction

with penetrating and hardening oils. The plaster is a clay/sand mix (aprox. one to three) found as local subsoil, or purchased from a ceramic supplier (powdered clay) and hardware store (course building sand). Earth plasters can also be used inside conventional buildings for beauty & efficiency. Earth plastering is a labor of love and a reflection of much time, effort, and for many like myself, great pleasure.

High water-use areas, like bathrooms, can be designed away from strawbale walls. These rooms can include exhaust fans to remove moisture and wall materials that are water resistant and alkaline, (such as lime plaster) which does not support mold growth.

Completed strawbale structures are more fire-resistant than a stud-framed home. For heating, most conventional systems can be applied. In our cold climate, solar design is a great place to start! South facing windows let in the winter sun, while the mass of the plaster and the insulation of the strawbale walls retain the heat. In-floor radiant heat is a good fit with strawbale construction and solar design, storing its warmth in the mass of the floor and eliminating the pollutants associated with traditional forced air. Other safety-approved heat sources, such as heat pumps, woodstove, masonry heaters, and evolving technologies (such as rocket stoves) can meet heating needs.



Constructing a Bottle Window



Then the surface is smoothed with a damp sponge, blending the old plaster with the new. Easy, local, natural! If more protection is needed, lime plaster or limewash is traditional. Water Glass also provides a more water-resistant, yet permeable surface.

Natural building meets our needs for both beauty and environmental safety while providing a unique setting for co-creation and connection with *place* through the use of local materials, with the *past* by using traditional techniques of our ancestors and the glacially deposited rocks, with *ourselves* and *each other* as we use our bodies, develop skills, and collaborate to joyfully re-weave nature and people!

Deanne is the illustrator of the Hand-Sculpted House by Evans, Smith & Smiley, The Natural Plaster Book by Guelberth & Chiras, and The Cobbers Companion by M. Smith. For events, classes, and information on natural building visit strawbalestudio.org, or contact strawbale.programs@gmail.com. To find the straw bale building codes for Michigan visit: <https://up.codes/viewer/michigan/mi-residential-code-2015/chapter/S/strawbale-construction#S>.



From Ann Arbor to the Peruvian Rainforest

The Ancient Mystery of Being Practical



“My years serving the Crazy Wisdom community from 2001 until 2005 have become a gift in many ways. As I’m sure many can relate, the bookstore and tea room were a sanctuary for me to explore and grow into my path. This path lead me outside my beloved Ann Arbor community in 2007 to eventually co-found the Paititi Institute for the Preservation of Ecology and Indigenous Culture in Peru in 2010. I’m grateful that my path is now coming full circle, allowing me to return to the Ann Arbor community annually to share our work.” -Cynthia Robinson

By Roman Hanis, Paititi Institute

“The doorstep to the temple of wisdom is a knowledge of our own ignorance.”
~Benjamin Franklin

Many people today are attracted to the world’s indigenous cultures, sensing these ancient ways touch the enigma of the soul which is so fundamentally lacking in mainstream society. Yet there might be a blind spot in this approach to ancestral spirituality, one that became apparent to me while living alongside indigenous elders for many years. Helping to unite this gap between worlds has since become my life’s work.

The Paititi Institute for the Preservation of Ecology and Indigenous Culture was co-founded by my wife, Cynthia Robinson, and me in 2010 with the vision to create intercultural bridges that make a meaningful difference in the world. While I’ve lived and studied with indigenous Ando-Amazonian and Himalayan cultures since 2001, Cynthia was actively engaged in the Global Permaculture movement around the same time period. Living in Ann Arbor until 2007, Cynthia also worked at Crazy Wisdom Bookstore cultivating the very inspiration that was to later blossom into what Paititi Institute is today. Currently, our non-profit organization owns and caretakes 4,000 acres of wilderness sanctuary in the Peruvian Andes acting as the buffer zone for the Manu National Park. Manu is one of the biggest nature reserves in South America where some of the last uncontacted tribes of the world are located. Because of both Cynthia’s and my unique backgrounds we’ve been able to maintain the balance of inner and outer landscapes so imperative for the protection of both the bio-diversity and nature’s organic intelligence that our civilization owes its existence to.

A friend of ours who’s been engaged in inner work for over a year with an Amazonian elder reached out to us for support recently. After extensive isolation with strict plant diets and Ayahuasca ceremonies ridden with ego death experiences, he thought the worst was behind him. Yet, returning to everyday life proved to be the greatest challenge with more disturbance and reactive behavior than ever before. Our friend asked us, “What’s the point of these traditions if they make life more problematic?”

Currently, our non-profit organization owns and caretakes 4,000 acres of wilderness sanctuary in the Peruvian Andes acting as the buffer zone for the Manu National Park.

This is a common scenario I see with newcomers to living wisdom traditions. Pema Chodron, a well-known Tibetan Buddhist teacher, refers to this motif as “Meditation is ruining my life.”

It turned out that his perpetual anxieties made him desperate to find a “fix.” For myself and many others, the spiritual journey also began with such a motivation. Over time, I discovered that while I can’t control all that happens to me, I can control

my attitude toward it, which makes a world of difference. My friend’s experience similarly illustrated to him that, although a temporary “retreat bubble” can hold off the onslaught of life-long issues for a while, it’s not the real purpose of these traditions.

The basic precept in many ancient lineages is that before you can learn, it’s necessary to learn how to learn. For the first few years of initiation, I had to release stale ideas about my societal image, future goals, and ingrained behaviors around the stories of who I thought I was.

After extensive isolation with strict plant diets and Ayahuasca ceremonies ridden with ego death experiences, he thought the worst was behind him.

Although we all experience “horrific” and “enlightening” events, life goes on and it’s futile to cling to what happened and make an identity out of past incidents. Which is why the ancient wisdom of childlike receptivity must develop steadily. After all, it’s those deeply ingrained tendencies of doing the same things while expecting different results that require transformation.

Purifying all the personal baggage is related to the cultivation of a beginner’s mind, though not as a blank expression of a newly-formatted brain. It’s rather a resuscitation of determined ingenuity applied to self-discovery, something often sedated by western society.

The beginner’s mind isn’t about forgetting everything that made you who you are. Instead, it allows viewing yourself and your history more objectively, thus opening the possibility of relating more deeply with others. Only by acknowledging all the issues in your life can evolution truly begin. Such wisdom, encouraged by real human examples, makes it very clear that the point is not to become someone else, but see the interconnectedness of us all.

The substantive roots of modern-day Permaculture stem largely from the indigenous cultures of the planet.



Such wisdom, encouraged by real human examples, makes it very clear that the point is not to become someone else, but see the interconnectedness of us all.

A big part of this resuscitation for me was to understand the workings of personal and societal conditioning. My conditioned ways of engaging with the world were based on securing happiness just for my own sake. As this lifestyle only deepened my misery, I began recognizing how prevalent this is in society, encompassing everything from education, to politics, to entertainment. This isolating conditioning seems to be at the core of collective disempowerment. Humanity now possesses all the resources and know-how to completely eliminate poverty and war from the face of the earth, yet somehow the world seems further and further from these ideals.

Within many indigenous cultures, the tradition itself is viewed as a vessel carrying the essence of unconditional human potential. A good friend from the Andean Qero Nation shared how one of his people's greatest challenges is adapting their tradition to remain practical in today's world. The challenge is that the meeting point between ancestral and modern is beyond the customs and familiar routines. It is instead found in the capacity of human spirit to shine in the face of adversity.

My Ashuar teacher, Don Ramon, told me that in the times past, the Amazonian wise elders and healers didn't identify themselves with any particular heritage, even their tribe of origin. They belonged to all nations, lived outside of settlements, and were indiscriminately open to both share with and learn from everyone.

In the history of Tibetan culture, some of the greatest spiritual teachers dedicated their lives to a non-sectarian approach for the benefit of all beings. Dalai Lama famously said, "Love and Compassion are the true religions to me. But to develop this, we do not need to believe in any religion."

An ancient Greek philosopher, Democritus, also wrote: "The wise one belongs to all countries, for the home of a great soul is the whole world."

What has maintained authenticity in these traditions thus far is sincerity and pure motivation, without which living wisdom becomes assimilated by the same conditioning it was meant to transmute. Keeping it alive for future generations means our own survival as a species. For that, we need to unite in the sparkling eye of the storm, learning from those before us, and each other, how to awaken from the sleepy habit of ignoring how related we all are.



While the essence embodied by ancestral wisdom carriers and their respective traditions is invaluable, imitating customs and ceremonies merely perpetuates the modern superficial value system. So, on a practical level, what is this "mysterious wisdom" all about?

My teachers made it clear that *mystery* doesn't mean *secret* in a conventional sense where something is deliberately hidden. It means that realizations can be accessed based on your degree of awareness.

The challenge is that the meeting point between ancestral and modern is beyond the customs and familiar routines. It is instead found in the capacity of human spirit to shine in the face of adversity.

To accurately assess how evolved you are, a willingness to take a long hard look at yourself is essential. For me, that's one of the greatest challenges; facing all those issues I've avoided most of my life. The true me hiding in all kinds of coping mechanisms went on for so long, I became oblivious I was even doing it. Unaware of any alternatives, my every creative resource was employed to evade mental anguish, emotional upheavals, and physical pain at any cost.

Reflecting on this process with my friend, it's become clear how he approached the indigenous mystery school as a customer rather than an initiate. Expecting to simply follow the instructions without ever questioning what that meant for him was a recipe for disaster. For real transformation however, a genuine incentive is needed to ground the practice into whatever life may bring. In this reality of relentless uncertainty propelled by constant change, each of us has a choice: assume responsibility for truly living or ignore the inevitability of death.



paititi
INSTITUTE

The Paititi Institute for the Preservation of Ecology & Indigenous Culture will be offering a week of special events in Ann Arbor in May, working deeply with the lineages of the Amazon, Andes, and Tibet. Join us in breathing ancestral wisdom alive.

LECTURE / Q&A
TUESDAY, MAY 21
5:30 - 8:30pm

**Breathing Ancestral
Wisdom Alive:**
Engaging with Living Wisdom
Traditions in a Practical Way
Crazy Wisdom Community Room

BREATHWORK JOURNEY
WEDNESDAY, MAY 22
6:00 - 10:00pm

**Amazonian/Tibetan
Primordial Breathwork
with Ceremonial Cacao**
A2Yoga

RETREAT
MAY 24 - MAY 27
5:00 pm Friday - 4:00 pm Monday

Primordial Breathwork Immersion Retreat
Living Heart Sanctuary, Ann Arbor

email info@paititi-institute.org for details
www.paititi-institute.org/events

After some time to integrate, my friend had an epiphany that his journey had actually just begun. Although it initially seemed that he ended up worse than before, in reality he just became painfully aware of all his blind spots. What finally tipped the scale was the breakdown of his lifelong struggle to find happiness anywhere but here and now. Suddenly the guidance of the elders came alive, turning his "failure" into a mystery initiation rite. Coming to terms with personal limitations brought him to the doorstep of an ancient temple, one that honors the wisdom of the shared heart.

What these direct transmission lineages continue to teach me is that love and compassion are inherent qualities of presence, capable of embracing all disturbances such as attachment, anger, and fear. Insurmountable though these issues may seem, they're nothing more than a dirty droplet in the boundlessly radiant ocean of the heart. In a world ruled by scarcity and fear, it takes serious daring to trust in the heart's capacity to fully open no matter what. Hence it's invaluable to have support from real-life examples showing what's possible.

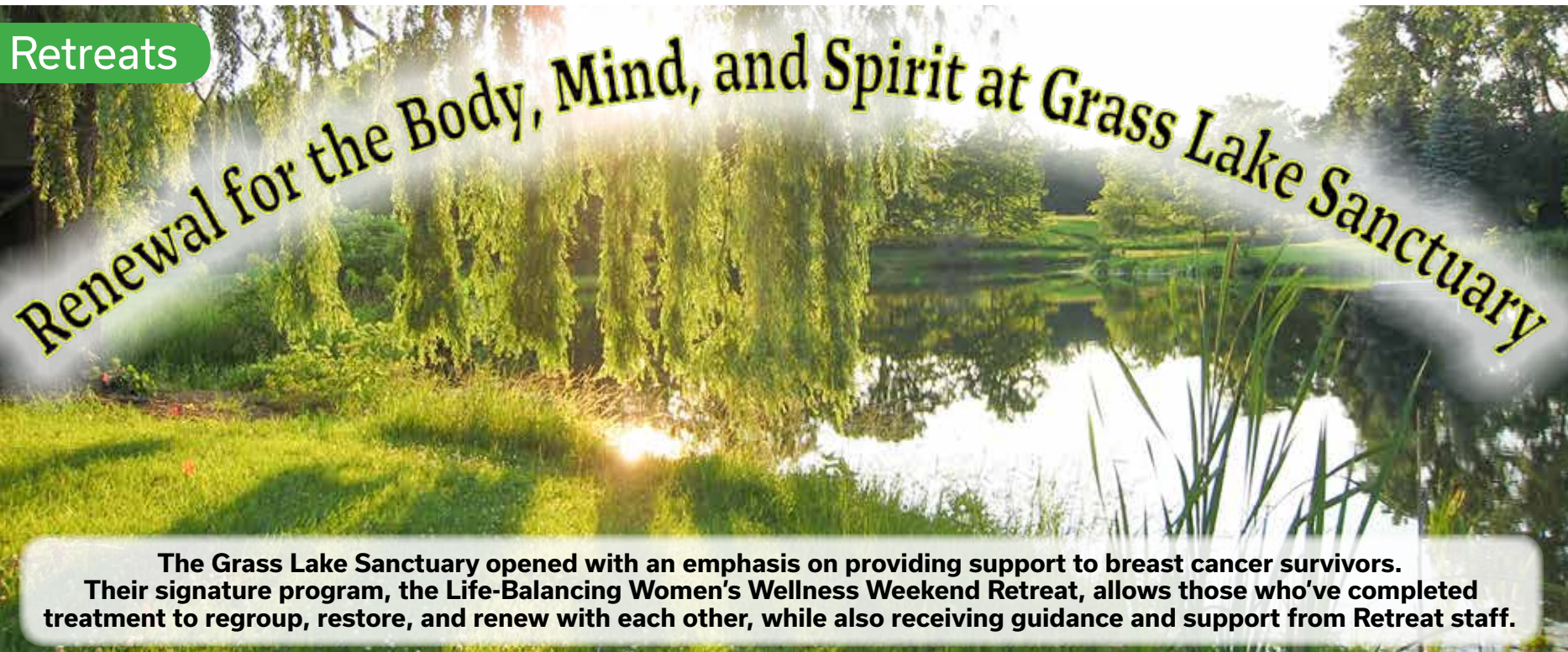
Witnessing these real life stories of transformation in many of my friends is a continuous source of inspiration on my own path. It's this practicality of the ancestral wisdom encouraging the reciprocity of witnessing myself in others and others in myself that keeps me increasingly more accountable and honest. What we all share under the surface is infinitely more reliable and genuine than anything imaginable. Every moment of life is both a miracle and the ultimate learning curve, and I wouldn't have it any other way.

Roman Hanis has been working closely with the indigenous Peruvian cultures in the Amazonian rainforest and Andean mountains since 2001. During this time he has devoted this life to learning the ancient healing ways of these cultures while seeking possibilities for creating ecological sources of sustenance for local populations and working to preserve the rainforest and its spiritual heritage of sacred medicinal plants. Seeing the vital role that ancient cultural practices can play in today's world, Roman honors and shares their value and wisdom through his work in community projects, healing retreats and educational workshops in both Peru and the U.S.

In 2010, Roman and Cynthia co-founded the Paititi Institute. Paititi Institute is dedicated to awakening humanity's innate potential by providing methods of transforming life's challenges into essential heart centered qualities. Paititi's work focuses on the balance between inner and outer landscapes, implementing permaculture to steward Mother Earth, regenerate nature, and cultivate reciprocity throughout all aspects of life.

Roman Hanis, Cynthia Robinson, and Emily Goughary from the Paititi Institute will be visiting Ann Arbor in May offering a week of programs. Details can be found in the Crazy Wisdom Community Calendar on page 109 under the heading Shamanism.

Retreats



By Petula Brown

Clinical trial. Deductible. Dosing. Pre-op. Protocol. Blood work. If you are familiar with any of these terms, you’ve likely had some encounter with health care services in the United States. However, the traditional medical model – a condition-focused, interventional approach controlled by clinical providers – toward health and wellness has been challenged. In seeking recovery via alternative models, Americans are exploring options beyond the doctor’s office. The Ann Arbor area is a nexus for many of these resources, including Grass Lake Sanctuary, a nature-focused retreat space in Manchester that has served the region for over ten years.

However, before the 145 acres of meadow, wetland, and woodland became Grass Lake Sanctuary, it was private property cared for by retired EMU professor Clark Spike and his family. For over 30 years, the Spikes nurtured the land as a nature preserve. When Clark Spike had become an old man, and the family had exhausted its ability to oversee the property but wanted to preserve it as a community sanctuary, they sought out local resources. A group of like-minded individuals, committed to spiritually evolving through service projects, created an organization which is called Grass Lake Sanctuary. They entered into partnerships with the Washtenaw County Parks & Recreation Commission, the Susan G. Komen Foundation, local businesses, and volunteers.

The Grass Lake Sanctuary opened with an emphasis on providing support to breast cancer survivors. Their signature program, the Life-Balancing Women’s Wellness Weekend Retreat, allows those who’ve completed treatment to regroup, restore, and renew with each other, while also receiving guidance and support from Retreat staff. Those weekend retreats have made a difference in the lives of the many dozens of women who’ve attended them.

Upon arrival at Grass Lake Sanctuary, one is struck by how magnificent a property it is. And the reverence for the land is immediately apparent. The main house isn’t seen from Grass Lake Road . . . visitors must traverse a calming meadow before coming upon it. The two-story house (about 2,000 square feet) and deck provide ample space for group activities. The simplicity of its architecture nicely complements the environment—guests will be drawn to the surrounding natural beauty. The landscape is so integral to the Sanctuary’s identity that fully appreciating the experience requires walking through the woodland where accommodations are thoughtfully placed to align with natural spaces. Overnight visitors can choose

pond view canvas bungalows or hillside cabins with raised wooden floors. Though the Sanctuary is a camp-like setting, cozy furnishings and artistic touches within the cabins put every guest at ease.

While the residential facilities are conducive to a relaxing and restorative stay, retreat alumni can also return as day visitors to explore the landscape via foot or golf cart. The pond is available for swimming and there is a deck to lounge upon. Groups seeking space for introspective activities can collaborate with Sanctuary staff to arrange massage sessions, yoga practices, and art workshops. To support and complement the rejuvenation efforts of guests, the Sanctuary provides “foods for health”. Meals are cooked using sustainable methods with locally sourced, organic and/or natural ingredients, reinforcing the Sanctuary’s commitment to embracing and sharing the gifts provided by nature.

It is the staff and natural resources of Grass Lake Sanctuary, and their impact on breast cancer survivors, that the Sanctuary wants to bring to a broader community. The staff is deeply committed to nourishing and nurturing the guests who find themselves at the Sanctuary. Research by Sara Warber, MD, former co-director of University of Michigan’s Integrative Medicine Program, illustrates the importance of self-care (emphasized by GLS programs). Broadening the sanctuary’s community



impact includes offering health-focused family and personal growth retreat programs as well as educational workshops. The annual Taste of Health event is a great example of such an initiative. With a focus on practical application, participants received tips and recipes to help them evolve their relationship with food as a long-term commitment. The venue reinforced Taste of Health's wellness focus by using outdoor seating so attendees could embrace the natural setting.

"This was a watershed experience where I lay down the burdens of sorrow and pain that I have carried for four years. I decided to really dive in and be open to all the opportunities that were here, to think differently about myself, to enjoy the wonderful food, the massage, to take a walk around the pond..."



As an environmentally conscious, cozy, and accessible retreat space, Grass Lake Sanctuary is ideally suited for visitors looking for a low tech, high touch setting to renew mind, body, and spirit. The impact of the Sanctuary is, to some degree, immeasurable, but well stated by a 2017 Wellness Retreat participant named Susan M (last name withheld):

"This was a watershed experience where I lay down the burdens of sorrow and pain that I have carried for four years. I decided to really dive in and be open to all

the opportunities that were here, to think differently about myself, to enjoy the wonderful food, the massage, to take a walk around the pond. . . Just being out in nature, listening to the wind, hearing the birds, experiencing the beautiful space is so uplifting and helped me so much, just being able to breathe."

To find out more about Grass Lake Sanctuary, its programs, and volunteer opportunities visit them online at grasslakesanctuary.org. The sanctuary can be found at 18580 Grass Lake Rd. in Manchester, MI 48158. For more information call (734) 726-0290 or email info@grasslakesanctuary.org

Weekend Getaways



Lial Renewal Center — Rejuvenation Within Reach

By Petula Brown

The Journey

Heading down US-23 toward Ohio was a familiar experience, but my expectations differed from past trips. Over the years, visits to the Toledo Zoo and the Imagination Station made Ohio synonymous with family playdates and non-stop activity. Driving south of Toledo was new territory, so missing the exit on US-24 near Napoleon led to an unexpected excursion into downtown Whitehouse. Named for a local official in the 1800’s, the village’s rural, relaxed setting was a welcome contrast from earlier visits to Northwest Ohio and complements Lial Renewal Center’s low key, introspective environs.



The calmness and serenity of Lial reflects the intention of the Toledo Province of the Sisters of Notre Dame to create a space where all faiths can find sanctuary.

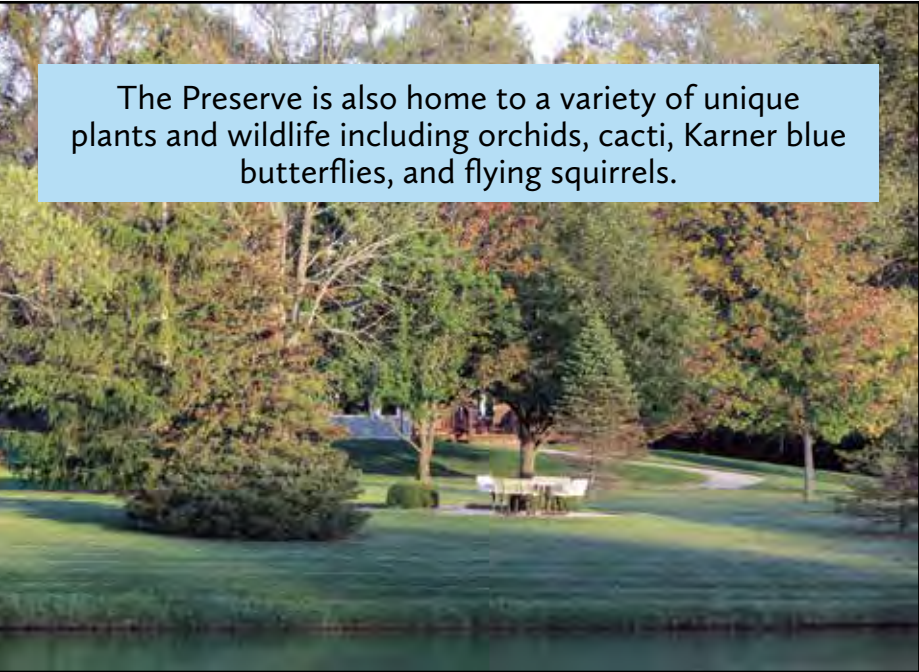
First Impressions

The calmness and serenity of Lial reflects the intention of the Toledo Province of the Sisters of Notre Dame to create a space where all faiths

can find sanctuary. Walking through the Center, the spacious, yet unassuming, setting invokes feelings of warmth that transcend religious doctrine. Windows and decks surround the building giving visitors serene views of the 94-acre wooded landscape. The Chapel honors the Christian roots of the Sisters, while the Hearth Room and Reflection Room are comforting locales for meditation, writing, reading, or nature-watching for all seasons.

Evolution – From Sisters Retreat to Community Resource

The Center’s name, derived from the names of foundresses Lisette Kuhling and Aldegonda Wolbring, reflects its spiritual foundation. Founded in Germany in 1850, the Sisters of Notre Dame came to the United States in 1874. Just a few years later, they were serving immigrant children in the Toledo area. In 1904, they opened Notre Dame Academy, an all-girls high school, and in 1924, because of the growing population of Sisters, the Toledo Province was established, with a large Provincial Center and Novitiate Building. Later they added a Catholic elementary school and early learning center. The Sisters purchased Lial property in Whitehouse, Ohio in the 1970s as a space for retreats and renewal. Its large pond and wooded areas with trails are special features for reflection.



The Preserve is also home to a variety of unique plants and wildlife including orchids, cacti, Karner blue butterflies, and flying squirrels.

As the Sisters contributed to outreach initiatives across the globe, they also reimagined the retreat center building at Lial as a community resource to support individuals and groups seeking a respite from daily challenges. With meeting space and kitchen facilities, the Renewal Center has hosted business retreats, educational events, and social groups in an unpretentious setting. Its casual warmth also welcomes day visits arranged with staff. Individuals looking for a place to refresh and release will find ample indoor and outdoor space for walking, reading, meditating, and writing. Lial can also provide trained spiritual directors to support an individual’s faith journey regardless of religious affiliation. For longer respites, the Center maintains affordable accommodations available for reservation. While the Center is wi-fi enabled, rooms forgo televisions and phones to minimize distractions and support introspection.

With an emphasis on spiritual reflection, Lial offers an experience that differs from hotel or bed and breakfast facilities. As part of a campus that includes a school and residences for Sisters, the Renewal Center is an extension of the Sisters’ outreach efforts. Whether a visit is a day trip or a longer stay, guests have an opportunity to gain self-awareness at a locale developed to support inner growth.



Book studies, silent retreats, and bird watching sessions facilitated by Lial Sisters, or invited guests, are scheduled through every season.

Beyond Lial – Oak Openings, Wheeler Farms, and the Local Dining Scene

Although you may choose to sequester within the Lial campus, visitors can also explore the surrounding region. Less than ten minutes from Whitehouse is Oak Openings Preserve, the largest Metropark in the Toledo area. The site’s 5,000 acres includes fifty miles of trails, sand dunes, picnic areas, and fishing locations. The Preserve is also home to a variety of unique plants and wildlife including orchids, cacti, Karner blue butterflies, and flying squirrels. Nature lovers will also appreciate Oak Openings distinction as a birding “hot spot” with hawks, owls, warblers, and other species sighted often.

Within Whitehouse, Wheeler Farms provides unique seasonal activities. During warmer months it hosts The Butterfly House, a home for hundreds of butterflies from around the world. In autumn, the site is a destination for corn mazes. With four different mazes, visitors can spend hours exploring the grounds with nearly seven miles of trails. The advent of winter means the beginning of Christmas tree season at the Whitehouse Christmas Tree Farm. Thousands of trees provide families with ample choices and helpful staff supply guests refreshment while harvesting and preparing their chosen tree for transport.

Whitehouse is also home to two local eateries. The Whitehouse Inn, a family-run eatery in a rustic lodge setting has décor emphasizing U.S. history. At the Inn, guests can enjoy lunch or dinner at an establishment with ties to the local community for over twenty years. Favorites include prime rib (including the 36+ oz. “Presidential Cut”) and seafood, but diners can also choose from a variety of salads and sandwiches. Gastropub Local Thyme is known for their chicken chunk creations with a side of live music on weekends. Thyme’s range of offerings include burgers and pizza as well as craft beers. As alternatives to nearby chain restaurants, both establishments provide an opportunity to experience the community that’s home to Lial.

While the Renewal Center will continue to host programs by external groups throughout the year, the Sisters also offer opportunities for spiritual-focused reflection and growth. Book studies, silent retreats, and bird watching sessions facilitated by Lial Sisters, or invited guests, are scheduled through every season. Lial also plans to expand midweek offerings for retirees that support transitions from full time employment. As the Center continues to evolve as a community resource, it remains steadfast as a reflection of the Sisters’ commitment to provide a sacred space described as “holy ground” for persons seeking spiritual, physical, and emotional rejuvenation and renewal.

To plan a visit to the Lial Renewal Center visit them online at www.lialrenewalcenter.org. Or you may call them at 419-877-0432 or email lialrenewalcenter@toledosnd.org. For more information on the town of Whitehall visit, www.whitehall-oh.us/31/About-Whitehall.

your *Meditate* WORRIES *away*

Worrying takes its toll on our physical health—headaches, stomach aches, migraines, sleeplessness, fatigue...the list goes on.

By Erica Dutton

*A*lmost everyone I know worries at times, some more than others. A very few lucky people report little to no worrying. I'm not one of them. In periods of high stress, it even affects my sleep. I have a hard time falling asleep or I wake up frequently thinking about the same thing over and over. Worrying can involve anxiety, fear, anger, hopelessness, irritability, hostility, helplessness, and depression. It takes its toll on our physical health—headaches, stomach aches, migraines, sleeplessness, fatigue...the list goes on.

Worrying is part of the human condition. However, worry seems to be increasing in our complex, complicated, divisive world. The speed of change has increased so dramatically it leaves us feeling stressed. Worrying can involve anxiety, fear, anger, hopelessness, irritability, hostility, helplessness, and depression. It takes its toll on our physical health—headaches, stomach aches, migraines, sleeplessness, fatigue...the list goes on.

How can we survive in this world, let alone thrive, when worry seems to be all around us and in us? The first thing is to get to know it better. You might say, "I don't need to know anything more about my worrying, thank you very much. I just want it to go away!" I thought that too. But worrying is a complex experience. There is much to learn about yourself and about how your worrying process starts, is maintained, and eventually let go. We often just look at the surface of worry and judge ourselves if we think we're failing in some way, but meditation gives us the chance to explore the process of worrying. Becoming familiar with your particular way of worrying means you can recognize the pattern earlier and have the opportunity to interrupt it. It means you can see clearly how you feed into the worrying and build it up until you're almost immobilized. Examining what reaction you have during the worrying process gives you some distance from your worry. You have a choice to respond to a situation rather than react from an old habitual pattern. Over time, worrying lessens on its own as its grip becomes weaker.

We have different ways of worrying. Some of us replay situations that actually happened over and over in our minds. Others do the same with imaginary circumstances. My favorite way to worry is to have a conversation in my head that I might have in the future or I wish I had in the past. I'm sure I'm not alone. We can project bad outcomes, getting angry or sad in the process. Or we feel better because in our imaginations at least we've achieved something. We imagine saying what we should have said. Sometimes the worry becomes so strong we feel immobilized, unsure how to proceed, even second-guessing ourselves as to the "right" course.

We can't just decide to stop worrying, but there are many tools to help with worrying, and meditation is one of the best for me. The kind of meditation that has helped me the most is Reflective Meditation.

Reflective Meditation is an open, receptive practice with a lightly structured approach. It combines insight, mindfulness, and a broader awareness of our experiences. With Reflective Meditation we request gentleness in our self-talk, give ourselves permission to practice, and invite curiosity to explore the interior world of our mind and body. We're gentle when we criticize ourselves and how we meditate. We give ourselves permission to do what makes sense to us in our meditation and then explore the outcomes. We have autonomy in our practice, learning what works and what doesn't. And lastly, our interest and curiosity into our inner world naturally develops. Instead of trying to achieve a particular state of mind such as peace or relaxation, opening ourselves to the curious, strange, marvelously confusing world inside leads to longer lasting results. We'd all like to achieve peace and relaxation when we meditate, but when we strive for that, it sometimes seems elusive. And of course, when we stop meditating, we face the same stressors as we did before we started.

Becoming familiar with your particular way of worrying means you can recognize the pattern earlier and have the opportunity to interrupt it.

Meditation isn't another self-help strategy. Meditation's goal isn't to get rid of worry or manage it better. In meditation, we learn to be with all things as they are, watch experiences unfold, and see clearly how we create more stress. Remember, stress is a human experience. As long as we're alive we'll worry to some degree. But worry doesn't have to run our lives. In seeing the worrying process unfold, we can learn to let it go without pushing it away. We don't have to be engaged in a fight with worry. Meditation helps us understand it, to gain perspective and then watch it gently go away. Instead of feeding the worry, we pull the power plug that energizes it.

In my teachings, I help you effectively meditate so you can change your relationship with worry. It isn't magic, but over time you'll understand the patterns in your worrying, how your worrying starts, what triggers it, how you intensify the worrying, what lies beneath the surface of worrying, and then you learn to let it go.

We don't have to be engaged in a fight with worry.

The pre-requisites of Reflective Meditation are simple—a comfortable position and a desire to sit quietly and see what happens in our mind and body. But in Reflective Meditation, the sitting doesn't end the session. After a meditation sitting, you're encouraged to take some time to reflect (hence the name) on what actually happened. I like to journal what I remember about my meditation. I use a small spiral bound notebook to recall my sitting because I don't remember my meditations easily. Sometimes my sittings are so full and busy that I can't remember all the details, especially if I'm sitting for a long time. Or it feels like a dream and the experience fades quickly. Writing about your experience helps, but it isn't the only way. Some people draw pictures or diagrams. You can also spend time recalling what actually happened in your sitting, asking yourself questions about the entire experience, your emotions, feelings and mood associated with the worrying. You can ask yourself if there are sounds, smells, tastes, body sensations, or visual images in the sitting. How did you react to the worrying itself? Your teacher can ask more questions to help you learn more about this pattern as well as others.

Reflective Meditation is an open, receptive practice with a lightly structured approach. It combines insight, mindfulness, and a broader awareness of our experiences.

The last step, and the most fruitful, is to share your experience with a teacher individually or in small groups. Growth and learning take place in talking with others about our inner experience. We learn from listening to others and from the questions the teacher asks. The teacher is there to help you flesh out what you recall of your experience, to help you see facets of your experience you may not have noticed or possibly ignored or minimized. Often times you'll see how your sittings connect to the rest of your life. Being in a small group with a teacher leads to cultivating an honest and safe inner environment where you can learn to meet whatever your mind comes up with, including worry.

In meditation, we encourage opening up to all our senses: what we hear, see, feel, smell, and taste. The sixth sense in Buddhist psychology is the mind, which for the most part is very active and often full of worry. The overall goal is to be with whatever arises in awareness—the good, the bad, and the ugly. When I started meditating, I wanted to feel peaceful and relaxed as much as possible. Of course, that wasn't possible, but that didn't stop me from trying. But when I was faced with a racing, worrying, agitated mind, I didn't know what to do. Over time with Reflective Meditation, I have learned how to be with the worrying and learn from my experience.

Erica Dutton has been practicing and studying meditation for 20 years and teaching for 12. She offers individual and small group teaching, classes, and consultation. She can be reached through her Facebook page, SkyGardens Meditation or by emailing eld0306@yahoo.com.

Sustainable Health

Good Food, Good Cells:
How Proper Nutrition Supports A Healthy Body

By Shannon Roznay, D.C.

Which of the following scenarios applies to you?

You’re feeling fine and you go to your medical doctor for your annual physical. You are shocked to hear that your blood work comes back showing borderline diabetes and your doctor is putting you on medication...

Or, your energy is dragging, you haven’t been feeling your best for a while. You feel like something is wrong and you go to your doctor for blood work and she tells you there is *nothing* wrong with you, you are perfectly healthy. You leave wondering how it is possible. Or, your doctor may even suggest that your symptoms are due to stress, or it’s all in your head, and then recommend antidepressants or antianxiety medications...

Hundreds of people are walking around experiencing symptoms that are preventing them from fully enjoying their life and reaching their fullest potential.

Or, you are somewhat overweight and no matter how hard you try, no amount of exercise or dieting takes *any* weight off at all? You are completely frustrated and are ready to give up, even though you really don’t like being overweight...

These are some of the most common complaints I see as a holistic health doctor, but there are many, many more. Joint pain, migraines, digestive problems, infertility, insomnia, high blood pressure, thyroid problems, sugar cravings, you name it! Hundreds of people are walking around experiencing symptoms that are preventing them from fully enjoying their life and reaching their fullest potential.

And I find one thing that everyone suffering from these various symptoms has and it’s this—they are all eating food that isn’t good for them.

Your whole body is made of cells — you may remember this from biology class — and your cells are always dying. But you are still alive because your body is constantly growing new cells. Have you ever stopped to consider where your body gets the material it needs to grow the new cells? Well, you may have guessed by now, but the material is acquired from the food you eat.

The ramifications of eating “bad” foods is that your body grows “bad” cells. And then one or more of the organs in your body develops dysfunction. And when that happens, you will develop symptoms. And it can be any of the symptoms we mentioned above or many others as well. Major illnesses like Alzheimer’s and cancer have this same root cause. From my 17 years in the holistic health field, I have found most Americans are eating way too much sugar, toxic chemicals, and other products that prevent their bodies from growing healthy cells. And when people are not feeling well, and their energy is flagging, what do they do? They reach for junk food! And thus a vicious cycle is created in which they keep feeling worse and worse and getting sicker and sicker.

The ramifications of eating “bad” foods is that your body grows “bad” cells.

Sugar, processed foods (including genetically modified foods), and excess caffeine are not only lacking in nutrition, but actually *cause* nutritional deficiencies because the body must use vitamins and minerals to try and stay balanced when we consume these things.

Stress is another cause of deficiency, depleting the system of magnesium, B vitamins, and Vitamin C to name a few. With chronic stress often comes chronic health issues like frequent colds, anxiety, insomnia, and hormone imbalance. Our organs take a beating, especially our brain and adrenal glands, which then cause all kinds of symptoms. Are you getting the idea? A lack of proper nutrition will cause organs to malfunction, which leads to symptoms and eventually disease.

So what is proper nutrition? Most people know they should eat vegetables, but beyond that things get confusing. Many subscribe to a low carbohydrate or ketogenic diet, while others say a vegetarian or vegan diet is best. How do you know what’s right for you?

Over so many years helping people improve and recover their health using dietary changes and supplementation I have seen many types of conditions and just as many solutions.

It’s true there are variations from person to person on what foods should be eaten and in what quantity. Some people don’t tolerate onions and garlic, although these are certainly very health foods for a lot of folks. Others have major trouble with tomatoes and peppers. These issues are usually identified through trial and error, noticing that you don’t feel well after eating a specific item, but often the real culprits can go unnoticed because sometimes the offending food doesn’t cause symptoms until several days later.

Over so many years helping people improve and recover their health using dietary changes and supplementation I have seen many types of conditions and just as many solutions. My advice for anyone struggling with their health would be to start by eating nourishing foods—minimally processed, whole ingredient, occurring in nature foods. A simple thing to change is the type of fats and oils you consume, ideally sticking with butter, coconut oil, avocados, and nuts, plus fat occurring in healthfully raised proteins like eggs, fish, and meat. Another strategy is to buy produce that’s organic, or even better, that’s local and hasn’t been treated with chemicals. And of course, check any labels for sugar because, as we discussed earlier, it’s a major cause of deficiency, inflammation, and ultimately ill health.

If making changes to your diet causes an improvement in how you feel, keep it up! It takes time to heal naturally and symptoms are the first thing to disappear, but full healing takes at least a few months and sometimes a year or more. Know that the body is an amazing machine that can endure and recover from major assaults if given the right tools.

If you think you are stuck in a vicious cycle of bad food and poor health, I have good news for you. There is *hope*!

If you think you are stuck in a vicious cycle of bad food and poor health, I have good news for you. There is *hope*! We have helped thousands of people restore their health, safely and naturally, without the use of drugs or surgery, by simply helping them sort out their diet and recommending specific supplementation to correct deficiencies and help the body heal. I have seen some very sick folks improve from simple dietary changes once they know the exact changes to make. It’s amazing how powerful food can be!

Dr. Shannon Roznay, D.C., is a doctor of chiropractic and specializes in using Nutrition Response Testing to help people improve every area of health. For more information you can visit Dr. Roznay online at thrive-wellness-center.com or give them a call at 734-470-6766. Thrive Wellness Center is located at 6901 State Road, Suite D in Saline.



YOGA COLUMN

Namaste, Katie...

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, here you'll find a variety of useful tips from local yoga instructor, Katie Hoener.

Balance is a tricky thing and is connected so highly with the sixth chakra, the third eye, as it often draws us into an incredible amount of focus.

posture. Check with the postures being offered in your class. Are you sensing compression in the body? Points of pinching and pain? Are there ways the asanas can be modified?

In Malasana, I have to come back to the advice that I so often give in class, "take what works for you and lovingly let go of the rest." There are days when I can settle down into this squat, and, as a runner, the opening for the hips, feet and lower back, is exactly what I need. There are days where that settling in may be for a few breaths, and days where staying longer is okay. Allow yourself to find your space. Take what you need and leave the rest. Forcing an asana will not create trust in the body. If you allow yourself to back out, and find a new way in, you may very well find the perfect place to be.

Photo by Hilary Nichols

Namaste Katie,

I am really struggling with a few postures recently in a class with my favorite teacher. I try so hard to get into these, and I am not sure if I am helping myself in these spaces. Have you ever experienced something like this? How do I move through or around this issue?

Jill, Ann Arbor

Dear Jill,

This is a wonderful insight and gets to the heart of the practice of yoga. And to answer your first question succinctly, yes! Nearly all yogis have an asana that early in their yogic journey has been perceived as a nemesis. I have had many yogic struggles over several decades of practice. My recent challenge to embrace has been with Malasana, the Yogi Squat. Some people are designed for this space. I am not.

Nearly all yogis have an asana that early in their yogic journey has been perceived as a nemesis.

There is a learning video by Paul Grilley called "Anatomy of Yoga" which describes in detail the difference between tension and compression in the body. When we feel tension in the body, a tight muscle, or group of muscles, these are things we can work with in a yoga posture. Compression, however, is resistance in the body for a reason; bones bumping into one another for example. Having this body awareness can be an important part of what we are trying to do with a

Most of us would break this down as needing to let go of the results.

Namaste Katie,

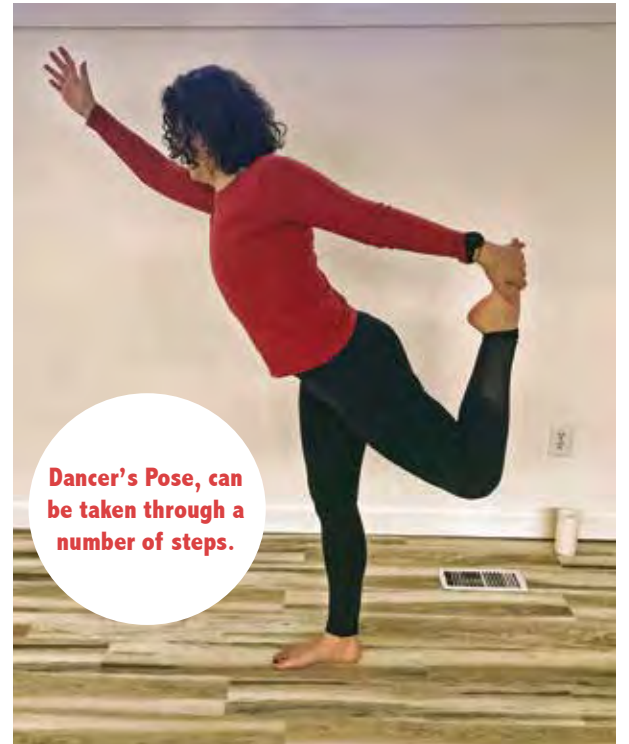
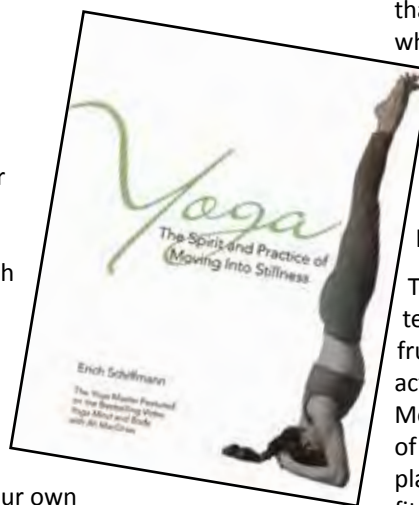
I have been paying attention to your column and want to make sure that I am moving deeper into a few postures in a mindful and careful way. Is there a book that you can recommend that describes a progressive way to do this? I am not able to attend classes on a regular basis at this time.

Molly, Ann Arbor

Dear Molly,

Great observations of your practice and your asanas! This is a great place to be. I was just having discussions with a group about the importance of body awareness the other day, and making progress through postures is a great way to connect with our own bodies.

A fantastic book for a holistic approach to body awareness, self-realization, and deepening an asana practice through a careful look at breath and posture is *Moving Into Stillness* by Erich Schiffman. This particular book spends time discussing practices of bringing ourselves into our practice, exploring lines of energy, and how to deepen an entire series of asanas. It explains the idea of moving slowly and being in tune with where we are in each moment. Take your time, and explore aspects of this book at a pace that makes sense to you.



Namaste Katie,

I was talking to my friend the other day about challenging balance postures and saying that they are often so difficult for me. I have a class that consists of a series of balance postures, and I think they are the hardest thing. Is there anything that I can do to get better?

Alicia, Ann Arbor

Dear Alicia,

Balance is a tricky thing and is connected so highly with the sixth chakra, the third eye, as it often draws us into an incredible amount of focus. For some of us, finding that alignment and balance is a more natural space, while for others, we draw on that deep focus. For all of us balance can shift from moment to moment, from side to side, and certainly from day to day. There is no telling when we begin our journey into balance what the outcome will be! At times this is frustrating and at times exciting, depending on your perspective.

The *Bhagavad Gita*, one of our foundational Yogic texts, states, "Action alone is the province, never the fruits thereof; let not the motivation be the fruit of the action, nor should thou desire to avoid action" (2.47). Most of us would break this down as needing to let go of the results. Balance postures are one of the greatest places to challenge the ego on the notion of finding our fit rather than moving toward a particular outcome.

All balance postures have an incremental nature to them. For example, Natarajana or Dancer's Pose, can be taken through a number of steps. One can start by tracing the toes out behind them, leaving the toes on the mat. Or, if it feels right, we can find the foot with the hand. The grounded leg should remain strong and soft, checking that we are not locking the knee. If it feels right, and the body is ready, let the foot float up to the hand and hold that space. We can continue by leading with the heart and moving the heart forward until we find that space where we are challenged and secure, steady and comfortable.

Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter (www.veraposeyoga.com). Please send your own yoga questions to Katie@veraposeyoga.com.



Healing Our Ancestors

The Importance of Ancestral Relationships

By Diana Quinn Inlak'ech, ND

In traditional cultures worldwide, the honoring of ancestors has existed in some form throughout human history. Traditional cultures wove cosmologies around relationship with their ancestors, the natural world, and cycles of life and death. In the span of human evolution it is only in the relatively recent period that ancestor worship has become less widespread. In the West, this shift is intertwined with cultural fear of and avoidance of death and poor cultural competency with processing grief. However, in recent years, the human need to connect with our ancestors has found a new outlet through modern developments in science and technology. These advancements offer new insights to interconnection with our ancestors for contemporary Westerners who are often skeptical of the non-material and unscientific.



Traditional cultures wove cosmologies around relationship with their ancestors, the natural world, and cycles of life and death.

Who are the ancestors? They are the people in our family trees who are remembered and whose names are known from the previous generations. The ancestors are also those to whom we have been joined through chosen family, adoption, and deep heartfelt connection. In addition, they are the unnamed distant relatives in those family lineages from beyond recorded history. Our deep ancestry connects us all from the beginnings of humankind through our shared origins on the African continent with "mitochondrial Eve." Ancestral awareness connects us to all of those who have gone before.

The call to deepen my own ancestral practice grew alongside my study of the clinical application of epigenetic science. The emergent field of epigenetics has settled the debate for once and for all: human development is shaped by both nature AND nurture. The term epigenetics means "above the genome", and is the study of how genes interact with the environment to determine their expression. Epigenetic research reveals that aspects of lived experience are heritable, influencing genetic expression by turning genes "on" or "off." This revelation has tremendous clinical value because we understand that genes are not one's destiny, but rather, gene expression can be modified. It has become quite accessible to test one's DNA via kits ordered on the internet and then use the raw data in analysis for epigenetic markers and single nucleotide polymorphisms (SNPs). Single nucleotide polymorphisms are the most common type of genetic variation among humans. These epigenetic factors determine genetic expression and many can be influenced by modifiable lifestyle

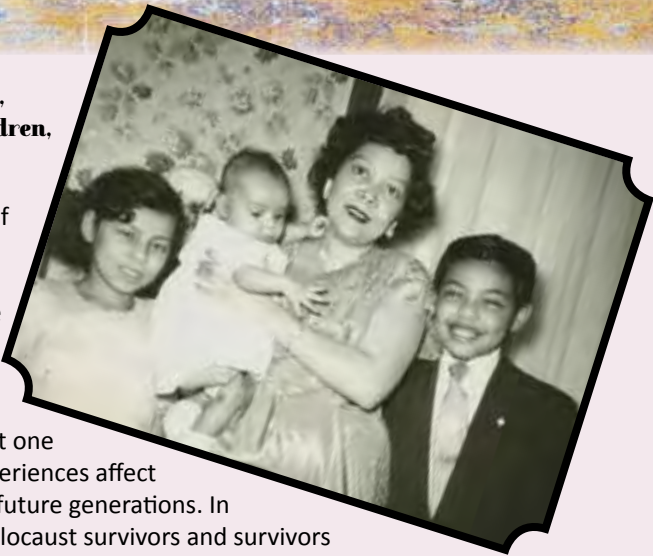
factors like diet and exercise. In my clinical practice I often assess epigenetic variables to formulate an individualized health plan with patients in order to optimize wellness and minimize disease risk.

Epigenetic factors are also shaped by stressful experiences, emotions, and even more subtle factors that influence our lives. As Tolstoy wrote, "All happy families are alike; every unhappy family is unhappy in its own way." Family shadows such as divorce, addiction, and abuse generate adverse childhood experiences (ACEs) and are known to produce epigenetic changes that impact future health outcomes. The results of the CDC-Kaiser ACE Study revealed not only the correlation of adverse childhood experiences with poorer health later in life, but also



Fred and Angeline Mireles

Diana's maternal grandmother, Angeline Mireles with her children, Rosemary, Angie, and Ray.



the widespread prevalence of the continuation of adverse childhood experiences in the following generations. Of the 17,000 people who were interviewed for the original study, 64% reported that they had experienced at least one ACE. Traumatic ancestral experiences affect the health and happiness of future generations. In studies of descendants of Holocaust survivors and survivors of the Dutch famine, researchers discovered physiologic changes which occurred as the result of trauma experienced generations before. According to Dr. Rachel Yehuda, principle investigator of epigenetic research on intergenerational trauma, rather than interpreting the findings with resignation, the data can be empowering. The fluidity of genetic expression revealed through epigenetic research also highlights the potential of therapeutic modalities to shift health outcomes.

In the United States, there is a profound legacy of intergenerational trauma from colonialism, Native genocide, and slavery, which informs contemporary systems of oppression. In our current shifting political climate, the surfacing of these wounds—which have always existed, but were previously marginalized by the dominant culture—invites an opportunity for healing. We live in a world of disconnection



Our deep ancestry connects us all from the beginnings of humankind through our shared origins on the African continent with "mitochondrial Eve." Ancestral awareness connects us to all of those who have gone before.

and division by race, gender, class, religion, and national borders, all of which are human constructs. What are the ways that our ancestral lineages embodied these experiences? How were they harmed, or how did they uphold these constructs? Ancestral healing work is an invitation to take responsibility for our lineage. Through examination of our ancestral inheritance, we can interrogate, provide redress on behalf of, and ultimately forgive our ancestors for their shortcomings. We can see the ways in which they contributed to the present day "dream of life" that is out of balance, so that we can appropriately correct course. Ancestral work is social justice work, and we each have a role to play. Acknowledging and healing our collective cultural and historical trauma is a critical form of social justice activism. We do this work in our lifetime to transmute unresolved ancestral and cultural baggage so it is not carried forward, so we can dream a better dream for future generations.

As is the case for many of us, my heritage is a complex blend of intersections that can be confusing to grapple with: British colonial settlers, Spanish conquistadors, and Indigenous peoples of Mexico. Although the majority of my genetic makeup is European (from the United Kingdom and Spain), the 22% of my ancestry that is Native North American is the part that garners the inquiry, "Where are you from?"



Don't be surprised if after opening the line of communication, synchronicities and family ties come out of the woodwork.

In this "melting pot" of a country in which we live, those of us with ambiguously non-Anglo appearance get this question often. It is a reminder that we are *Other*. My own curiosity about my indigenous ancestry led me to explore the roots of my Mexican heritage, as well as to better understand my white settler origins. These threads get pulled in the tapestry of family history, showing up for example in my maternal



grandmother’s great pride in her Castilian Spanish ancestry which set her apart from the *Indio* background of my grandfather’s line. Ancestor work is complex and can give us opportunity to reckon with the echoes of how individual family patterns resonate with the current of wider historical conflicts. All of these and more are alive within each of us.



Whether done individually or in community, ritual is a powerful component of ancestral work for transformation and mending ruptures in our lineage.

Ancestral work is an act of radical self-care and self-love. By putting our attention on our ancestral lineage we connect to the resilience, beauty, and brilliance of those who came before. We receive the help and support from our healthy and loving ancestors of the distant past. We integrate these gifts and provide care and healing for ourselves as we extend care and healing to our ancestors. When we engage in ancestral repair, time is non-linear. In living our fullest embodied lives, we are healing those who came before and those who will come after. We honor the cycle of life and death and acknowledge that we will become the ancestors of the future. When we as a culture restore our relationship with our nonliving relations, our capacity for kinship expands to the other-than-human, whom we can also consider our relations and ancestors. We weave ourselves back into the web of life and the natural world. To paraphrase botanist, and member of Citizen Potawatomi Nation, Robin Wall Kimmerer, how do we engage with the lands on which we live as if they are the lands from which we will be the ancestors, lands that we want to remember us with gratitude?



By putting our attention on our ancestral lineage we connect to the resilience, beauty, and brilliance of those who came before.

To be a good ancestor in training, we can begin with establishing an ancestral practice. One route to this work is through prayer, meditation, and visualization. If there are ancestral reverence practices in the tradition of your bloodline, exploring and practicing those is a great place to begin. Raised Catholic, I grew up lighting candles for family members who had passed and honoring All Saint’s Day by visiting grave sites with flowers and cemetery candles that would be kept burning for the entire month of November. Later in life I reclaimed my ancestral tradition of celebrating *Día de Muertos*, or perhaps my Mexican ancestors reclaimed me. Over the years my celebration of this holiday has expanded to last several weeks with an elaborate *ofrenda* altar and preparation of special meals. The *ofrenda* is an altar space with photographs and relics of my ancestors, with offerings of their favorite foods and beverages, and flowers. Altar creation is a simple practice for ancestral reverence, designating a physical space in your home with a representation of your lineage and sitting with an open mind and heart. Ancestral connection is also available through formal ritual; spiritual traditions worldwide include the role of ceremonial ritual in ancestral practices. In his book *Ritual: Power, Healing and Community*, Malidoma Somé calls ritual the "anti-machine", restoring our psychic foundation and our need to live in relationship with other human beings and the natural world. Through ritual we create room for the sacred, which holds us in the work that we cannot do alone. Ritual has a reparative function, mending the fabric of our souls and restoring aspects of our psyche that have been fragmented, allowing reintegration. Whether done individually or in community, ritual is a powerful component of ancestral work for transformation and for mending ruptures in our lineage. Ancestral work is often grief work, and it is the work of attention and care. Dedication to these practices can bring about healing for oneself and one’s lineage in both directions, transforming the narrative of the past as well as what is left behind for future generations.

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I believe that ancestral connection is a critical component of restoring balance in these times. This work has been central in my own healing journey and is a component of the healing work I do with others. So often the physical, mental/emotional, and spiritual malaise that people are living with have a root in inherited ancestral patterns. Regardless of one’s religion, spiritual tradition, or lack thereof, there are many accessible ways to reconnect with ancestry. For the practical and scientifically minded, exploring genealogy or doing DNA testing opens up connection with one’s lineage. Don’t be surprised if after opening the line of communication, synchronicities and family ties come out of the woodwork. Ancestor work provides individual and collective healing that is an essential part of planetary healing, and reconnects us to cycles of life and death and our part in the natural world. It is our gift, our birthright, and ultimately our sacred responsibility.

Diana Quinn Inlak’ech, ND is a shamanic practitioner, ceremonialist and naturopathic doctor specializing in integrative mental health and mind/body medicine. She has been studying shamanism and natural medicine for over 25 years. Her office is located at 560 South Main Street, Ann Arbor, or give her office a call at: 734-945-6210. For information about her upcoming ancestral healing workshops and services, visit www.drdianaquinn.com



See the listing for the workshop *Decolonizing Ancestry: Healing Intensive* for BIPOC in the Crazy Wisdom Calendar under the heading Personal Growth on Page 106.



MAKING THE SHIFT TO ETHICAL, VALUE-BASED, LOCAL INVESTING FOR ALL

By Kirsten Mowrey
Photos by Joni Strickfaden

“Si quaeris peninsulam amoenam circumspice.” If you grew up here, this probably sounds familiar. For the transplants, this is Michigan’s state motto: “If you seek a pleasant peninsula, look about you.” Yet life has not been so pleasant economically on this peninsula in recent decades.

Angela Barbash knows about financial challenges. Of Mexican and Italian descent, she’s the first generation not to work on a migrant farm, but grew up in a poor neighborhood in Westland. Now a wife and mom herself, Barbash recognizes the intimidation of learning financial management. At her Ypsilanti - based company Revalue, Barbash educates and empowers people to change their lives and their communities through ethical, local, micro-investing. She worked on the MILE (Michigan Invests Locally Exemption) Act, presents at socially responsible investing conferences, and is preparing to host a national conference on community capital in Detroit in June 2019.

Kirsten Mowrey: Last year was a huge year. You were listed in Crain’s Detroit Business as one of the Notable Women in Finance in May, and Revalue created the online Holistic Financial Kit.

Angela Barbash: Yes, the Holistic Financial Kit is a web course that is a good foundation [at] \$179. We’re trying to get lower price point tools into the market. We need to be a part of the solution and not just serving people who have always had access. We took five years to figure out what the market we’re trying to serve wants and how we can serve them most efficiently. We’re doing things that investment firms just don’t do, like serving non-accredited investors.

R In the 1930s the federal government split all of its citizens into two categories: accredited investors and non-accredited investors.

Kirsten Mowrey: What’s a non-accredited investor?

Angela Barbash: In the 1930s the federal government split all of its citizens into two categories: accredited investors and non-accredited investors. If you have more than a million dollars in net worth, not including your home, or you make more than \$200,000 a year in annual income or more than \$300,000 a year in joint annual income, you are an accredited investor. If you are under those limits, you are non-accredited. They’ve never changed those limits, in almost 90 years. This lack of change has resulted in 94% of Americans being non-accredited.

Where this makes a difference is that prior to the state law changing, if you were non-accredited and I did not have a personal relationship with you, as an entrepreneur I could not approach you to invest in my business. Which also means that as a non-accredited investor, you did not have access to wealth building opportunities in your own community or even other investment opportunities. Those opportunities would be for accredited investors only.



Angela with her daughter Delilah, and husband Marshel



Angela Barbash is Principal of Revalue. Barbash educates and empowers people to change their lives and their communities through ethical, local, micro-investing. She worked on the MILE (Michigan Invests Locally Exemption) Act, presents at socially responsible investing conferences, and is preparing to host a national conference on community capital in Detroit in June 2019.

Kirsten Mowrey: So, say my mom passes and I inherit \$50,000. That amount would be seen as too small, and I can’t do anything to turn it into more through conventional means.

Angela Barbash: You could invest in the public markets. However, after 2008, everyone was like: “Well, is that really the least risky thing we could be doing with our money? Because I just lost half of it.” That was what really caused all of this [local investing] to start to bubble to the surface. I feel, if I’m going to lose half of it, I’d rather lose half of it in my own backyard, with people I know, and then at least that money went to feed people in my community.

R The conventional way to approach portfolio construction is through asset allocation. Not until the late 1980s did people start to realize their money held power

KM: What do you do at Revalue, when someone comes in for advising?

AB: It starts with the traditional thing, because that’s where people usually are, that’s what they understand. But sometimes even that is new for them, sometimes they’ve never worked with an advisor or done the regular planning.

KM: I have an SEP IRA with Vanguard. If I came to you guys, what would my choices be?

AB: You could keep doing the low cost index fund thing at Vanguard, which is cheap and okay, but not necessarily values aligned.

The conventional way to approach portfolio construction is through asset allocation. Not until the late 1980s did people start to realize their money held power. It started with South Africa and [the anti-] apartheid movement. Now it has turned into things they want to support versus things they don’t want to support: clean energy, environmental stewardship, good labor practices, whatever the values of the client are. This change in investment attitude is reflected in the companies that mutual funds and index funds now invest in.

R A dollar spent at a local company circulates into five to ten dollars versus a national company where only 40-60 cents circulates back [into the community].

KM: Investing local is now the next step?

AB: Yes, and the next step is now you, Kirsten. Say you care specifically about GLBTQ. We will find companies that specifically support or are run by people that are in that demographic. That kind of granularity is brand new, that’s just within the last five

years, and local is one of those values. That’s how this became part of our core work; when you start talking about helping people really align with their values at that kind of granularity, then local comes with it because people care about their local economy very much.

R Community capital is the process of individual non-accredited investors directly investing locally in their community

KM: They want to know they are funding someplace like Cultivate. [Cultivate Coffee and Tap House in Ypsilanti].

AB: Yes. There are studies done by the BALLE network [Business Alliance of Local Living Economies—Paul Saginaw of Zingerman’s is a past board member] over the last decade that showed what happens to a dollar that’s spent locally and how many times it circulates in the community. A dollar spent at a local company circulates into five to ten dollars versus a national company where only 40-60 cents circulates back [into the community]. That study was further support for local being a value and values-driven investing is that kind of one-to-one matching.

R We learned pretty quickly there are only four firms in the country who are doing this type of local investing, and Revalue is one of them.

KM: How does this feed into community capital and the Comcap event in Detroit in June?

AB: Community capital is the process of individual non-accredited investors directly investing locally in their community. Now’s the time to give [people] the tools they need to have a real seat at the table. That’s what has led to Comcap being in Detroit. [June 11-13, 2019 at the College for Creative Studies. Learn more at www.comcap.us].

This is the basis of economic gardening. Kirsten, we have \$65 trillion dollars of wealth in this country. Less than 1/10th of 1% is invested in privately held, community-based businesses. Even if we shifted only another 1% into our communities, we start talking about distributed power through economic democracy.

KM: So the woman who wants to open a store in my neighborhood, I can now invest in her store.

AB: Right. The problem was the Jobs Act [which changed the federal laws around who can raise capital and who can invest in those capital raises] passed unanimously, and then the SEC was tasked with writing the rules. But they did not write the rules for four years, so activists in individual states [stepped in]. In Michigan it was a handful of activists in Adrian. They linked up with a student team from UM School of Public Policy and me. We got a legislator on board. The activists said, “Look, there’s an exemption on the books already that we’re just not exploiting because we’ve never written rules around it. We just need to pass a law, or make an administrative rule change or some mechanism that puts rules in place that says if you as a company want to use this exemption, this is what you have to do to use it.”

R ... the way to keep Grandma from getting swindled was not to remove freedom and access, but to increase education. Education is the solution to your concern.

KM: That’s the MILE (Michigan Invests Locally Exemption) Act?

AB: Yes. When I got up and testified for the commerce committee hearing about the MILE Act in Lansing, generally the whole committee was in support of it, but there was one legislator who was a financial advisor. She was [saying] “Grandma’s gonna get swindled”—that attitude is always the challenge. I said the way to keep Grandma from getting swindled was not to remove freedom and access, but to increase education. Education is the solution to your concern. If we don’t educate, then yes, there are going to be some mistakes. So support this, and then support education to come after it. It’s taken us five years, but education is now going to come to the state. Michigan Main Street Investor Education events began in December 2018.

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Principal, Revalue LLC

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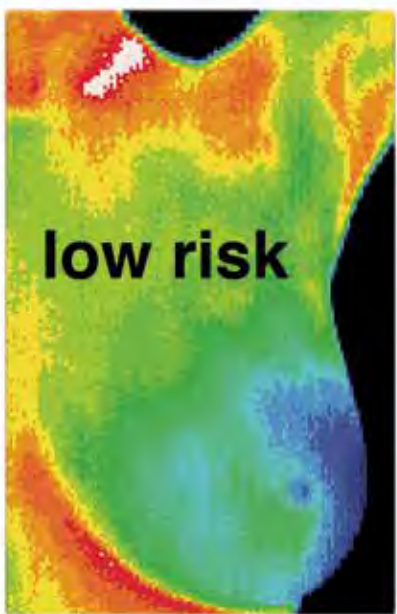


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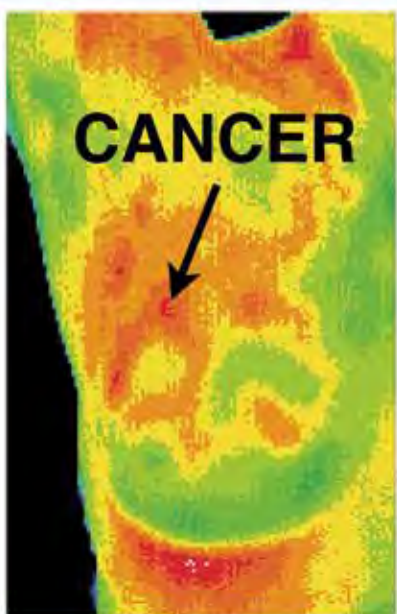
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The Feminine Face of God in Ann Arbor

Conversations with Four Spiritual Leaders



Buddhist Kathy Laritz, Shamanic Practitioner Kate Durda, Rev. Manish Mishra-Marzetti, and Dr. Rev. Susan King

By Carin Michaels

Photography by Rachael Waring

I have been intrigued by the feminine since my teens when I read *The Feminine Face of God* by Sherry Ruth Anderson and Patricia Hopkins. At that time, their words were contradictory to my Catholic upbringing. Yet, I continued to see incongruities when describing the masculine and feminine energies of our world, and I was intuitive enough to understand our lexicon was limiting.

I posed many similar questions to different spiritual leaders in our community in an effort to educate myself about the Ann Arbor goddess scene. They all recognized the dominant masculine energies which permeate our society and still they were hopeful, funny, erudite, and, most importantly, wise. They helped me see that I wasn't confused, but that the grander cosmos was unaligned.



They all recognized the dominant masculine energies which pervade our society and still they were hopeful, funny, erudite, and, most importantly, wise.

In my clumsy attempt to learn the basics, I discovered a world-renowned scholar on the feminine, Anne Baring. I was listening to the podcast on her website while driving to New York, when it crashed. I alerted Ms. Baring to the problem, and while waiting for it to get fixed, I struck up a virtual friendship. I confessed to her that I was a novice on the topic and I was anxious about putting together this article. Her counsel was wise as she said, "There is no one fixed truth, but many at varying stages on the path of discovery."

I took her words to mean that I understood my topic well enough to write about it. I understood, as Dr. Rev. Susan King, co-director of the Interfaith Roundtable of Washtenaw County said, that we are in a shift right now for rebalance of the feminine. Rev. Manish Mishra-Marzetti, of First Unitarian Universalist Congregation of Ann Arbor, helped me understand that our energies defy labels, and his visions were innately communal. Kate Durda, a shaman from Spirit Weavers, explained that breaking down the feminine and masculine into parts is the problem. Kathy Laritz of Jewel Heart, spoke to the feminine being wisdom and compassion being masculine. Overall, as I progressed through each interview, my view of the feminine was changing.

There was power in their words, and I clearly saw what the poet, John Keats, meant when he said, "I feel more and more every day, as my imagination strengthens, that I do not live in this world alone but in a thousand worlds." I compel each one of you

to defy what you know to be true, and step into the unknown to find your balance of masculine and feminine energies. Personally, I have made a seismic shift because I've discovered two things: that the soul is not in me, but I am part of the soul, and that is very feminine.

Dr. Rev. Susan King

Carin Michaels: Tell our readers about yourself and your work?

Rev. Susan King: I am co-director of the Interfaith Round Table of Washtenaw County (IRTWC), an ordained Interfaith Minister, and a monk. We work as an alliance with spiritual leaders and individuals across faith traditions to address the deep and divisive issues and concerns that challenge our world today.

Michaels: What is your definition of the feminine face of God?

Rev. King: I will reference the Tao from the East, as it allows me to describe the concept, which represents unity of the source. The dark part is the feminine, or receptive force, and the light part is the masculine, or the active force. Within the feminine is a small circle of the light considered the creative, and within the masculine is a small dark circle considered procreative. If you're born into the female form, then you carry this creative light inside as a part of your spirit essence. If you're born into the masculine form you carry this procreative feminine in the spirit. We have to work to find this unity within ourselves. I use these concepts as energetic forces. They are not things. I'm not totally comfortable speaking about these concepts in terms of spirit and body forms given patriarchal western historical context, where the church for a very long time has tried to create dualism: good/bad, heaven/hell, spirit/body. Hence, the masculine and feminine can carry distorted connotations.



We have access to all of this [energy]. I could be any or all of that. It doesn't matter what my body is.
— Dr. Rev. Susan King

Michaels: But if we go back to the original lunar phase of spirituality when we assumed the soul was pure, would that be a good reference point?

Rev. King: Yes, if we assume the body was pure too, I would have no problem with this definition. You're in a land of high distortion here.

Michaels: I was thinking in terms of pure spirit. But what about the body? What if someone was born female but carries with them masculine attributes or vice versa? I know I'm in dangerous territory here.

Rev. King: Don't make it gender; it is not about gender. Once again, we're not talking about men and women, were talking about masculine and feminine energies that we all embody. I think that's where the confusion comes in. We have access to all of this [energy]. I could be any or all of that. It doesn't matter what my body is. I'm speaking about how we talk about the source, and the energies that come out, and where they land: we have named receptive and procreative as feminine energies, and the active, creative, as more masculine energies.



The energetics of the feminine knows in ways that do not come when you're talking about it; talking is masculine, because the facts are active and creative.
— Dr. Rev. Susan King

Michaels: Given the aforementioned then, what would be your definition of the feminine face of God?

Rev. King: The feminine face of God is the womb of all creation, or said another way, it's the void out of which all light is birthed. Energetically, as Sophia. It's the compassion and the mercy—she is wisdom. The feminine face of God carries the wisdom of all potentiality, of everything that is seen and unseen.

The energetics of the feminine knows in ways that do not come when you're talking about it; talking is masculine, because the facts are active and creative. Knowledge streams in through the head and feeds into the heart, to meet up in the deeper unknown for us to become wise. The feminine doesn't start from the head; it rises up from the womb as an intuitive sense to the heart to meet that which we know. The feminine is wisdom; the masculine is that insight; when masculine and feminine meet, we become wise.

Michaels: Can you speak to the split of the feminine versus masculine, be it with gods, consciousness, or their meta narratives?

Rev. King: *The Alphabet Versus the Goddess* by Leonard Shlain talks about the story we use today to explain this. In the beginning we made sense of reality based on the things we could see in the natural world. We knew that females gave birth, and that was primary to everything continuing. It was said that we didn't know that it took a male to impregnate, or that it took sperm, but I don't know if that's the made up part of this story. Since everything was born of the feminine, then the closest objectification for those forces beyond nature that we did not have control of, were deemed to be the gods. We had goddess societies, because if you couldn't birth things then you couldn't have life and you couldn't survive. That's the greater understanding of how societies were goddess or female focused early in our history. Then — this is just me speaking now, because I'm a student of history, my sense is that things got so weighted to the power of the feminine, that it was emasculating to



Magdalene has returned to Christianity not as a prostitute, but as the partner, so you can talk about Jesus and Magdalene as being the male and female embodied spirits that were Christo-Sophia, symbolizing union.
— Dr. Rev. Susan King

Bernardino Luini's
The Magdalene



Dr. Rev. Susan King is 67 years old, grew up in Detroit, and moved to Ann Arbor in 1985. She is the co-director of the Inter-faith Round Table of Washtenaw County and has lived at Great Oak Co-Housing since its creation in 2003. She holds a B.A. in social justice theology, a M.A. in Ministry from the Ecumenical Theological Seminary and Marygrove College, and a Doctorate in spiritual psychology through the Graduate Theological Foundation, Christ Church College, in Oxford. King also has four grown sons: Timothy (45), who is a restaurant manager; Adrian (43), who is a food service manager with the Ann Arbor Schools; Conor (41), who is an instructor and grad student at Eastern Michigan University; and the youngest, Joe (24), who is a software engineer. King lives with her spouse, Sharon Kardia, a professor at the UM School of Public Health, and her dog, Misha.

Rev. Manish Mishra-Marzetti is 48 years old and serves as the senior minister of the First Universalist Congregation of Ann Arbor. He and his family relocated to Ann Arbor last summer from Boston and live on the west side near Haisley elementary. His spouse, Jeff, is a stay-at home-dad and artist, and they have two children, Jacen (8), and Mina (5). They frequently spend summers in Guatemala as a family studying Spanish and Latin culture and history.

Kate Durda, 65, lives on three acres in the country just west of Lansing with her partner, Stephanie Tighe, who is a social worker. Durda grew up near Brownsville, Pennsylvania and graduated from Penn State University with a B.S. in psychology. She moved on to Michigan State University where she earned a M.A. in Developmental Psychology and minored in Community (ecological) Psychology. Durda and Tighe are co-founders of Spirit Weavers, an organization dedicated to providing shamanic healing and training, and to fostering spiritual community.

Kathy Laritz, 69, is the Program Director at Jewel Heart Tibetan Buddhist Learning Center. She moved to Ann Arbor in 1998 after growing up in Detroit, Downriver, and Birmingham. She earned a B.A in art with a minor in humanities from Marygrove College. She lives in the Upper Water Hill area and has four children: Karla (48) is an attorney and musician; Jeff (44) works as a manager at Art Van; Lauren (42) is a teacher at Hartland Elementary; Rachel (40) is a costume designer. Laritz has seven grandchildren, and enjoys spending time with her family as well as volunteering at Ele's Place.

the energies of logic, reason, and those forces which were directed toward hunting, providing, and seeding. The latter did not carry equity as all the distortion went to the power of the goddess. Shlain argues that the masculine found equity when we began writing and things could be reasoned. When this started to take on more power the energetics shifted from the devotion to the feminine to the devotion of the masculine.

Michaels: Did urban centers and the written word detach us from being influenced by the power of nature, hence the split from the power of the feminine?

Rev. King: Certainly it is our story in terms of where we are now. We have come through a time where we have reached the pinnacle of the pendulum swing, with all the power being in the masculine. Now the feminine is re-arising. Now, [the pendulum] is starting to swing back to the feminine energetics.

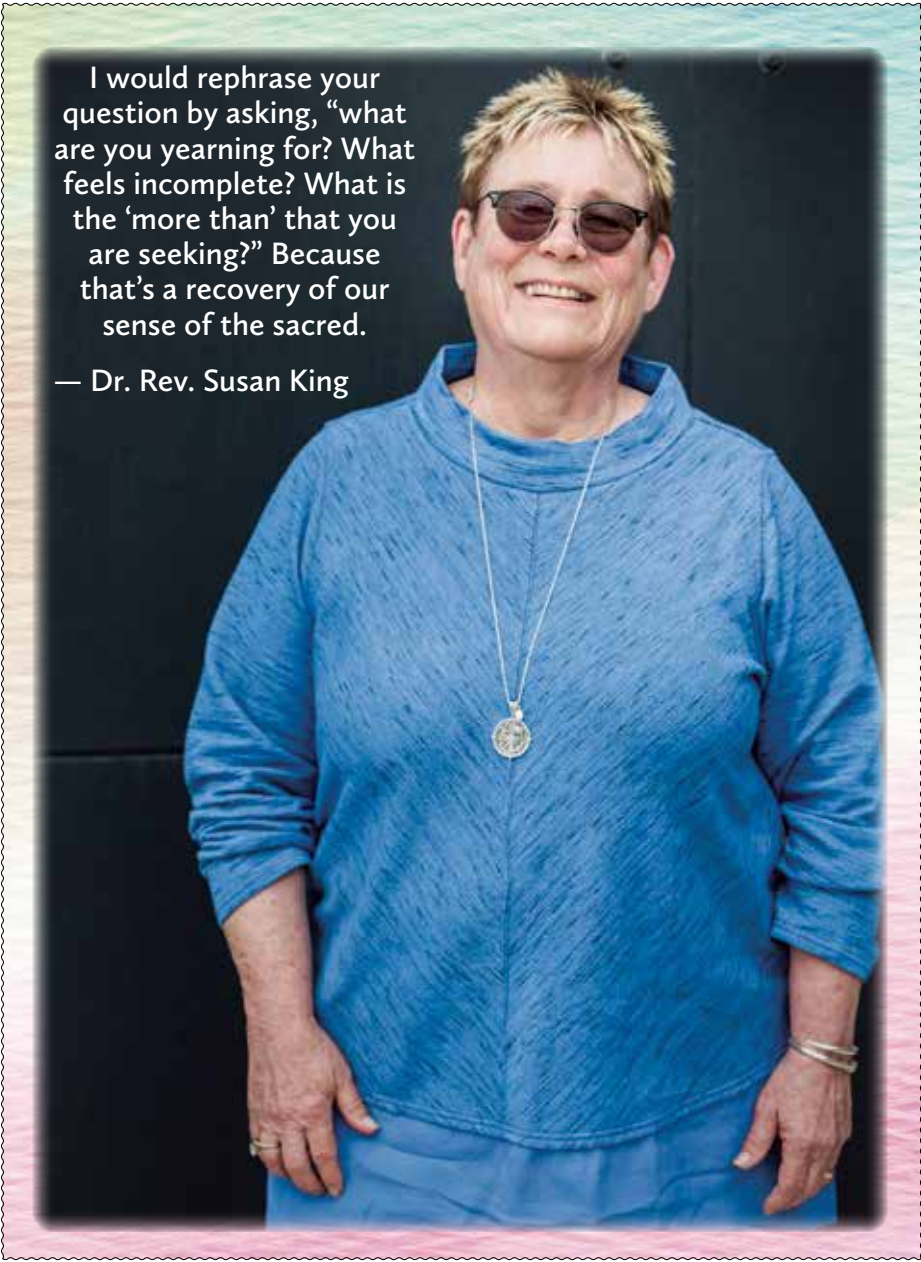
Michaels: Can you give me an example of the feminine resurgence today?

Rev. King: Until the 1970s in various informational literature, every 'he' represented everyone, because if it said he, then it meant mankind, and even that was male centered. The feministic movement unhinged our language from its reliance

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on everything being framed through the masculine. This has had a ripple effect everywhere. Christianity, in particular, has opted for shifting and making more inclusive language, so they just don't talk about everything being God. An example is that Mary, prior to approximately 25 to 30 years ago, was only ascribed the quality and characteristics of the feminine in submission to the masculine, but she is now an entity that is understood energetically as having the power to birth the God. Magdalene has returned to Christianity not as a prostitute, but as the partner, so you can talk about Jesus and Magdalene as being the male and female embodied spirits that were Christo-Sophia, symbolizing union.



Michaels: How do you honor the feminine in your work? Is the most obvious that you became ordained?

Rev. King: I would say I became ordained to be of service to the sacred, all which is sacred. I have in my personal devotion dedicated myself to the divine feminine. I speak to it; I lead prayer services every week in my small community; we do rosary completely dedicated to the divine feminine. I am a monk in a religious order within Christianity called the Oriental Orthodox Order in the West that comes out of India and China. We're a monastic order, but the monastery, in our understanding, isn't the old way when you remove yourself from the world. The monastery *is* the world, so we have members of our order in different parts of the country. We have retreat centers, small worship communities, and here locally, we have The Small House of Contemplation and Prayer. This type of monastic order dates back to the time after Jesus died when the apostles and followers all scattered.



I believe consciousness is in everything, and we don't recognize it because it doesn't have the same form that ours does. All forms of all things have flowed from the love making of the source; that's what creation is, and it commands in me a tremendous amount of respect.
— Dr. Rev. Susan King

Michaels: How do we become whole, or recover our lost sense of the sacred or being part of something sacred?

Rev. King: This is a great question. Every person you ask that question to, my hope would be, you would get a different answer, because I think that we are an embodied spirit, and in the process of our development and maturation, you automatically begin to return or turn toward your more sacred self. This manifests in so many ways. I had a teacher who said a mid-life crisis is a soul seeking to arise, but the ego can't find the pathways, so it rebels, and we become a caricature of ourselves, as opposed to really turning into whom we fully are. I would rephrase your question by asking, "what are you yearning for? What feels incomplete? What is the 'more than' that you are seeking?" Because that's a recovery of our sense of the sacred.

Michaels: That speaks to a quote that I wanted to use by Viktor Frankl: "Man's search for meaning is the primary motivation in his life."

Rev. King: And there we have it in a male language.

Michaels: [laughter] I didn't mean it that way.

Rev. King: I know you didn't mean it; like when I said the feminine was a *she*. We're so engrained in this language. James Hillman, who wrote *The Soul Code*, explores how we recover this lost sense of the sacred. For example, an acorn is an oak tree, but it has to fall from the tree and go into the ground. Hillman breaks down the process of soul searching into the different stages. Your nascent DNA imprint is that you're an oak tree, but in order to recover this lost sense of the sacred, we must get in touch with who we truly are. It will automatically take you to unconscious exploration; that's why I say, there is a million ways to do this. The primal questions that arise in the psyche of every human being are: who am I; where did I come from; why am I here; and, where am I going?

Michaels: Which leads me to wonder how we can find ways of meeting our deepest needs of the human heart for love, relatedness, and connection.

Rev. King: I think that dropping into feminine energetics is a necessary part of it, but once again, why the feminine? Because we've been operating in the masculine mode, and until we step into that unknown, or until we step into the dark, we can't really step into the light.

Michaels: That reminds me of a quote from C.G. Jung, "One does not become enlightened by imagining fires of light, but by making the darkness conscious."

Rev. King: Another way to change that language, so its easier to understand, comes from my 7th grade teacher, Sister Francis Mary, who told me, "You don't learn anything when you're speaking, because you can't say something you don't already know." Her point was that we need to listen deeply for meaning. Don't listen to me to formulate the next thing you're going to say, but listen so you can actually hear where I'm coming from.

Michaels: How do we relinquish those beliefs and patterns of behavior that have been so damaging to the soul and body, as well as the planet?

Rev. King: We have to deeply listen from our own heart; we have to hear what our soul, or our spirit, or our essence is saying.

Michaels: How do you envision a shift or collective awakening?

Rev. King: I think the collective shift is already happening. If I was going to talk about Trump, he is the chaos movement that is allowing the old paradigm to disintegrate faster, or come apart, because a new one is arising. As the Mayans would say: we've entered a new world.

Michaels: Is there salvation for the next generation given that our current emphasis is on rational thinking?

Rev. King: The shift won't be based on rational thinking. In Native American tradition, or those who use lunar or the essence of Mayan teaching, we just finished the fourth world, because there were four former Mayan calendars known, and now here is the fifth one. We're a part of the energetic matrix that influences everything. It cannot be rationally described; it's emerging, the new thought forms are still in the nascent stage because we're in the early phase. We're bridging two worlds.

Michaels: What is your dream for the cosmos?

Rev. King: My dream is that all sentient life recognizes itself as sacred. That's my life's work. I believe consciousness is in everything, and we don't recognize it because it doesn't have the same form that ours does. All forms of all things have flowed from the love making of the source; that's what creation is, and it commands in me a tremendous amount of respect. When I say the feminine is rising, that means the return of the home, heart, hearth — the dynamics of being centered, knowing my heart is the temple where the sacred and divine reside together. The heart is the space and the hearth is the place that you and I share a relationship to mirror and recognize ourselves in each other; and those are the qualities of the feminine. When they are coupled they create a home that provides and feeds the people and protects the sacredness of everything. Those energies need to be protected, so that all children are seeding light and the darkness can emerge.

Rev. Manish Mishra-Marzetti

Carin Michaels: Tell our readers about yourself and your work.

Rev. Manish Mishra-Marzetti: I serve as senior minister of the Unitarian Universalist Congregation in Ann Arbor. I have been in the Unitarian Universalist ministry for approximately 15 years. I come into that ministry by virtue of having grown up in the Hindu tradition and learning and practicing with various indigenous spiritual communities, including shamanism grounded in the Lakota traditions and indigenous communities in South America. I am very much a pluralistically oriented, or a multi-faith individual, and the beauty of Unitarian Universalism is that’s quite normal for us.



Often culturally when we’re talking about sacred energies, like love or nurturance, we call that the feminine aspects of the divine, but ultimately those are human choices and ways of naming something that is just energetically larger than us.

— Rev. Mishra-Marzetti

Michaels: How do you understand the feminine face of the divine?

Rev. Mishra-Marzetti: I believe that any descriptors, or names, or words, that we try to give to the ultimate nature of reality, are of our own choosing. We choose to name something masculine or feminine, or provide some other language, whether it is Saraswati or Durga, Pachamama, or whatever else. Often culturally when we’re talking about sacred energies, like love or nurturance, we call that the feminine aspects of the divine, but ultimately those are human choices and ways of naming something that is just energetically larger than us. Human beings that identify as male are able to embody the qualities of love and nurturance too. These qualities themselves are not inherently more feminine than masculine, but we culturally identify them as such.

Michaels: So the feminine defies definition?

Rev. Mishra-Marzetti: No, it has qualities. We provide the energy a name, and we provide the name a story. It’s very human to do that, because it makes the abstract energy concrete and relatable.

Michaels: Then the feminine doesn’t have to pertain to a woman. It could be embodied in any gender?

Rev. Mishra-Marzetti: If something is culturally laden, it doesn’t have to be, right? It’s simply a cultural reference point.



There’s a continuum versus a split, and if there’s a continuum, then there are things that we’ve named feminine and masculine, but there’s a whole lot else that’s a little bit of both, or somewhere in between, and we’re talking about energies, and actually embodied beings that are at different points in the continuum.

— Rev. Mishra-Marzetti

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Michaels: Can you speak to the split of the feminine verses masculine consciousness?

Rev. Mishra-Marzetti: In our Unitarian Universalist understanding, we are increasingly appreciating that the human propensity to create a dichotomy between masculine and feminine is both limiting, in what we can relate to and understand, and oppressive, because, in fact there are loads of cultural examples within Hinduism and in Asian Indian culture, of the in-between. It’s also true of Native American culture. The in-between is called Two Spirit. The way this question is framed doesn’t even acknowledge the existence of the in-between, and also presumes the dichotomy to be normative. There’s a continuum versus a split, and if there’s a continuum, then there are things that we’ve named feminine and masculine, but there’s a whole lot else that’s a little bit of both, or somewhere in between, and we’re talking about energies, and actually embodied beings that are at different points in the continuum. Historically, humans have viewed it as a split — or they speak primarily to the heavier endpoints, but not every culture. When we do that there’s a loss of humanity, right? There are people who are ignored and marginalized when we only recognize the existence of the endpoints, so the split is harmful, and yet it’s not even true.



In Hindu culture the masculine deities can at times be privileged, but there are very strong traditions around the feminine deities as well, and in fact, there’s a spiritual understanding that those two energies go hand-in-hand.

— Rev. Mishra-Marzetti

Michaels: I think you’ve answered that question beautifully, but what if the masculine and feminine are guideposts for me, because I can’t be as fluid as you described?

Rev. Mishra-Marzetti: I think that is a reality for many societies on our planet. The privilege of patriarchal authority, voice and role, can be reflected in the spiritual understandings, but not necessarily. For example, Jesus and Muhammad, very central spiritual figures, who are also masculine, are the predominant figures in Christianity and Islam, as far as personas. But those are not the only stories. There are stories about Mary, about the women who were close to Muhammad. In Hindu culture the masculine deities can at times be privileged, but there are very strong traditions around the feminine deities as well, and in fact, there’s a spiritual understanding that those two energies go hand-in-hand.

Contemporary American society has created disconnects from our essential selves and from the essential nature of reality in manifold ways... We have created a societal structure that disconnects us from the ultimate nature of ourselves and the cosmos, which fuels a never-ending sense of dissatisfaction.

— Rev. Mishra-Marzetti



Michaels: The Indian writer, Arundati Roy, speaks to the in-between-ness in her book *The Ministry of Utmost Happiness*. How does your work honor the feminine? I feel awkward using this word now.

Rev. Mishra-Marzetti: You’re okay. I honor the feminine within this context of patriarchal privilege by balancing, expanding, and redefining what we’re talking about that either harkens back to more ancient understandings or more traditional understandings that were never patriarchal, or by building and creating new ones that are more inclusive. It can be a combination of either or both.

In our community at The First UU Congregation of Ann Arbor, for example, we have an intentional emphasis on collaborative shared leadership, which is horizontal, and that is to honor differences across gender, or race, or sexual orientation, or class privilege, because we each have spiritual gifts and wisdom that we embody and we should be able to bring them to the table.

Michaels: Can you cite an example of feminine resurgence?_

Rev. Mishra-Marzetti: There was an article I read last fall about millennials and spirituality. It talked about the assumption that because they checked the box ‘none,’ on spirituality surveys, that meant there was no interest in spirituality, but on the contrary, there is actually a profound and deep interest in spirituality among millennials. But their interest in spirituality, if you want to use the traditional language of theology, would be pantheistic, like a nature-based spirituality or a humanistic spirituality. It honors the profound beauty and sacredness of the world that we are a part of, every person, and the wisdom that they can embody. People are misreading, or not fully understanding, how this generation is relating to spirituality. I would say it’s an example of deepening and returning to an original form of spirituality that reflects how many of the most ancient traditions have always related to the sacred and the holy.

Michaels: How do we recover our lost sense of the sacred or being part of something sacred?

Rev. Mishra-Marzetti: Contemporary American society has created disconnects from our essential selves and from the essential nature of reality in manifold ways. We’re spending our time driving in cars, buses, or other vehicles of transportation, which divorces us from the grass and the trees. We’re wearing earbuds or staring at our phones when we are outside, which keep us from hearing the birdsong or looking into the sky. Our materialistic capitalist consumer structures that value competitive pricing has trained us to seek the best deal, and those same assumptions and values pit us against one another on an individual level. If everything is a scarce commodity that we have to fight for, then we’re constantly moving in a world that lacks self-assurance.

Somebody else is “winning.” Somebody else has more money, status, or prestige; they have a better job, house, car, cell phone, spouse, relationship, and family. The possibilities for how we are “losing” are endless, and that becomes the basis for depression and anxiety. I believe they are at epidemic levels in American society. We don’t say this, because there’s shame attached to saying “I’m anxious” or “I’m depressed.” Instead, it is more acceptable to numb yourself using alcohol, drugs, a shopping addiction, a sex addiction, any addiction, or being angry and frustrated. We have created a societal structure that disconnects us from the ultimate nature of ourselves and the cosmos, which fuels a never-ending sense of dissatisfaction.

That’s the problem; and in the face of that, you asked, ‘how do we become whole?’ It’s really simple. We have to challenge the assumptions that disconnect us from the ultimate nature of ourselves and the universe. We have to reconnect with those things that are more ultimate and real.

Michaels: “Only connect!” the epigraph from *Howard’s End* by E.M. Forster, meaning connection is a moral imperative to our salvation.

Rev. Mishra-Marzetti: Yes, and mine was a long answer, but that was a good question, which we should bring to Sunday worship.

Michaels: Then connecting to other people honestly, listening to them, and looking them in the eye, is a beginning.

Rev. Mishra-Marzetti: Yes, but when the dissatisfaction creeps up, there’s an important intervention needed, and no one can do it for us. That is part of remembering the sacred, but much of the dissatisfaction we wind up feeling is driven by cultural assumptions that tell us what we have and who we are is not good enough. That is a sickness; that is a facet of our culture that is unhealthy.

Michaels: I remember when my husband and I were first married, and I said, ‘I’m done with this marriage. I want out. I’m leaving,’ as if he wasn’t good enough, and then he asked, ‘Can I come with you?’ To see life with such beauty is a profound gift. How do we develop respect and compassion for the life of the earth and all its forms?

Rev. Mishra-Marzetti: We must move out of the disconnects. The structures of our society disconnect us, for example, the food that we eat. I’m not a carnivore, but if

one's a carnivore, it is a profound thing to understand the source of the food that you're consuming. The disconnects of showing up at a grocery store and buying a package of eggs or prepared meat disconnects us from the means of production, which disconnects us from nature. I think we can be aware of the processes and the chains of relationship that we are a part of and if those chains lead to harm or contamination, there might be small things that we can do that are a little bit different.



Rev. Manish Mishra-Marzetti and Kate Durda

Michaels: My daughter tells me to buy organic milk. I tell her it's too expensive, and she tells me to stop complaining and take my thinking deeper.

Rev. Mishra-Marzetti: She is speaking to the chain of relationship and wants you to take it to another level.

Michaels: How do we relinquish the beliefs and patterns of behavior that have been so damaging to soul and body as well as to the planet?

Rev. Mishra-Marzetti: You have to work against the disconnects, anything that disconnects us from wholeness, from our ultimate nature of self, our ultimate nature of reality. Anytime we are rejecting, notice it; like when you thought that the ego was baggage, which was a rejection of part of yourself that you can't get rid of.

Michaels: Yes, that's a great example.

Rev. Mishra-Marzetti: We don't reject; we fully accept, and we don't disconnect; so if something shows up, we accept it.

Michaels: Can you share with the readers a favorite citation, myth, verse, or image that was influential during your quest for the soul or that exemplifies the feminine face of God?

Rev. Mishra-Marzetti: There was one I shared in worship recently. I am a clergy person who is openly gay with a husband and children. When my husband Jeff and I were in the adoption process and we were waiting to be selected by a birth mother, we had gone on one last hurrah to Italy before becoming parents. While there, we visited art museums and cathedrals, and we kept seeing the recurring image of the mother Mary when the angel Gabriel appears to her to say she's going to have a baby. This iconography is called the "Annunciation", meaning the announcement. In art, it is celebrated as this amazing moment - the simple everyday miracle of birth. We kept seeing this image over and over again, and at that time in our lives, we were waiting for an Annunciation. It struck me in a very powerful way to think, while I don't have the gender of a woman, what a powerful thing it is to receive the news.



The conversations that are too difficult for us to have on a civic, social, political, or spiritual level, openly, we have those conversations through art, music, film, and drama.

— Rev. Mishra-Marzetti

Michaels: And you have two beautiful children, so the image was yours.

Rev. Mishra-Marzetti: Yes, it was, but we didn't know it at the time. Another image that has mattered a lot to me, in Hindu iconography, is Saraswati. She is always portrayed with a musical instrument in a very peaceful repose, and she's associated with learning, education, arts, speech, and music. Before being a minister, I was a diplomat, and so the spoken word was the center point of my life, and now it is important as a spiritual leader. While I spoke about the ultimate nature of reality being undifferentiated between masculine or feminine energies, my personal relationship with those energies of holiness, which transcends us individually, is through the sacred feminine.

Michaels: Our culture is embedded in certain prominent myths in storytelling like the Holy Grail, Sleeping Beauty, or Exodus, where the protagonist seeks a relationship



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with a transcendent power, or the unconscious feminine, but is there one in our current society readers can use for inspiration?

Rev. Mishra-Marzetti: You know, Carin, this is perhaps the most profound question that I sit with, and have sat with for a year or two. I don't know that I've found it, though I keep listening. There's a little bit of pain in me, even as I say that, as the divisions that we are encountering are so layered. Cultural assumptions are fueling those divisions. The specific rifts in our culture come along the lines of gender, class, race, sexual orientation, regional differences and histories, religious and spiritual differences and understandings; such that, there are so many intersecting layers and vectors that are contributing.

Michaels: You're speaking about inspiration for a community, for a people, as opposed to an individualistic pursuit?

Rev. Mishra-Marzetti: Absolutely. I don't know if there is one story or narrative that can pull us out of that. I sit with the heaviness of that, and maybe even the disappointment of that. I do think within communities, within subgroups, we can find ways of trying to inspire greater wholeness. The challenge is that while that seems to be the best we can do right now it doesn't lead to a broader sense of unity or unification that I know I'm yearning for, and I'm holding as a wish for, in our society.

Michaels: What if we voided ourselves of language, and went to art and music?

Rev. Mishra-Marzetti: That's already happening. The conversations that are too difficult for us to have on a civic, social, political, or spiritual level, openly, we have those conversations through art, music, film, and drama. There have been two times in our society in recent decades, when images of the apocalypse, zombies, and end times have been very prominent. One of them was in the 1970's. What was going on then? Massive social upheaval. The sexual revolution. Civil rights activism. We had difficulties talking about all of that, and so it was reflected in art. Everything we previously understood was destroyed. If you look at the last ten years in entertainment, the apocalypse is a constant theme. We're going to be decimated by disease, zombies, an asteroid, cataclysmic waves, earthquakes. We are absolutely naming that we are in the midst of social upheaval and using art to talk about it.

Michaels: What is your hope for the cosmos?

Rev. Mishra-Marzetti: One of my spiritual teachers asked, 'What is the one thing that the cosmos can't do?' The thing that it can't do is reach out and touch you. The thing that it can't do is hug, love, mate, converse, care, show up and sit with gratitude, or roll around in the grass like a two-year-old. Those are the things undifferentiated reality cannot do. It doesn't need anything from us. The only thing it might need from us is to enjoy.

Michaels: To be present?

Rev. Mishra-Marzetti: Yes, to be present for that beauty for the short amount of time we've been given.

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Shamanic Practitioner Kate Durda

Carin Michaels: Tell the readers about yourself and your work?

Kate Durda: I’ve been a seeker all my life, but since 1990, I’ve been practicing and studying shamanism. I found it to be a practice that allowed me to heal and have a spiritual place in life. In the mid 1990’s, Stephanie Tighe, my partner in Spirit Weavers, and I began teaching as well as doing healing work in the community. We accept people for healing sessions, but we also have quite a robust teaching practice for those that are interested in developing a spiritual practice, as well as those interested in becoming healers themselves.

Michaels: Do you need a certification?

Durda: No. Shamanism is the oldest known spirituality. It doesn’t operate in the western mode; you can’t have someone say, ‘I ordain you as you a shaman.’ We don’t even call ourselves shamans; out of respect for the ancient traditions, we call ourselves shamanic practitioners. It’s up to the community to call you a shaman. It’s the power of your work that carries weight.

Michaels: But I checked you out, and you did all those training courses with the gurus, particularly shaminism.org.

Durda: Oh, yes, but there’s no certification. Just like a doctor, you could be a good doctor or a bad doctor with a degree. It’s a matter of your work and the quality of it.

Also, I wanted to say that, we don’t really speak about God. If I say God during this interview, I’m meaning the Great Spirit, or the organizing principles of the cosmos. In terms of shamanism, the way that we view feminine or masculine energy is similar to the Jungian archetypes.



There is suffering for a dichotomy that should not exist, because you need male and female, light and dark. You need everything, but it has to be in balance and respected.

— Kate Durda

Michaels: Then what is your definition of the feminine cosmos in shamanism?

Durda: The feminine is one part of the whole, just like the masculine is another part. Shamanism requires balance to be open so that teachers can appear to you in the spiritual realm. They could be a god, or a religious figure, or an unknown aboriginal



ancestor that are like the archetypes of mother, caregiver, nurturer, community, relationship, healer, concern for others not self. But our culture has a problem with the male-female dynamic, because anytime you put a duality out there, you’re going to trip over it.

Shamanism is about non-duality. When you talk about sacralizing the concept of wholeness into parts, then you have people deciding from their ego and from their own personalities, what’s good and bad, and judgment enters. It’s unhealthy. In some cultures, people might think the feminine is best, but in most cultures, patriarchy rules. Men are superior and women are oppressed. There is suffering for a dichotomy that should not exist, because you need male and female, light and dark. You need everything, but it has to be in balance and respected. Male and female dichotomy has been profaned and misused by humans for their own benefit.

Michaels: Can you speak to the split of the feminine versus the masculine consciousness?

Durda: Yes, organically, to the extent that individuals are taught to misread what is happening or what is truth. Indigenous peoples of shamanic cultures believe that there is not a separation from the earth. For example, God is like the ocean and we’re all drops of God, so we are God. We don’t remember this connection because the split doesn’t allow us to know that we are part of God. We’ve lost track. When you’re raised in a way that says the external world tells you that the male traits are important then your inner voice is quiet. You listen to what you’re told.

Michaels: We split from our feminine voice.

Durda: Because we’re raised within a cultural context that forces us to lose track of that inner intuitive guidance. When we’re raised as spiritual people, it’s like having a gyroscope inside us. We are truly aware of our own power because we listen to ourselves and honor our soul’s desire. It’s a question of sovereignty: is it within us, or is it outside in some organization or a group of people who decide what’s better? The problem with the latter is that we then practice duality. Non-duality means everything is valuable; everything should be respected; everything is equal; and, life should be revered. Duality allows us to pick one side that we think is better, but there’s all kinds of sides to things.

Michaels: Do you worry about the duality in our culture today?

Durda: It’s a great source of pain. We need to get people back to a place where they are guided by their hearts and souls. You lose your sovereignty when you are not supported in listening to yourself. Or you were burned on the stake like the witches.

Michaels: Not to get off on a tangent, but what was going on during the Salem Witch trials?

Durda: They were Wise Women. They knew the herbs. They knew how to help people heal. They knew birthing. They had power, and that didn’t equate in a patriarchal society. Where there was power in women, it must be suppressed, because it’s doesn’t allow the rape of the Earth, the exploitation of people and children. This couldn’t happen if you were in a loving, care-giving relationship, or a matriarchal culture.

Michaels: You know what’s odd? My husband is from a matriarchal culture; it just dawned on me at this moment. The wealth, the name, the property is passed down through the woman.

Durda: We don’t think of it right away, because it’s so unusual. Exploitation happened when we shifted from spirituality and we lost touch with the whole.



The practice of opening your consciousness to the consciousness of other things helps you come into relationship and respect.

— Kate Durda

Michaels: It’s exploitation. It’s not a split.

Durda: It’s imbalance. It’s misuse. It’s power over. Power is not a bad word. Power is the ability to use energy, but “power over” is bad, because it leads to pain and imbalance. Power over means I’m better than; men are better than women; whites better than blacks...

Michaels: ...heterosexuals are better than gays.

Durda: Name it. Name all of it. When religion became secularized, it became about money, and power over possessions and land. People’s source for maintaining their connection to spirituality was lost by organized religion.

Michaels: How does your work honor the feminine?

Durda: Shamanism as a spiritual practice honors balance and raising energy to allow what is real. The feminine archetypes are valuable and needed, so are the masculine. There’s no bias. I think non-judgment is how our practice honors it — what’s needed comes forth. Shamanism is a practice of direct revelation. It’s not read the book, follow a formula, and take the test. It’s a practice: ‘you go to spirit,’ and you continually try to work on yourself so that you can become a ‘hallow bone.’

Michaels: What is that?



Michaels: Does that have anything to do with the myth that she’s always searching for her husband whose body parts were buried all over Egypt?

Durda: [laughter] I don’t know. That question may take a lifetime study of her. There’s always more to be known; that’s why I guess, we have many lifetimes to do it.

Michaels: How do we become whole? How do we recover our lost sense of the sacred or being part of something sacred?

Durda: Shamanism is an animistic belief system; animism, meaning everything has a spirit. We are not honoring the Earth, right now. Most of us are either oblivious, or just practicing along with whatever the capitalist model wants us to do: buy all these packaged products, throw them into the trash, and they go in the ocean. I have my students merge with water to see what the story of water is. When you merge with water, you might become mist, a drop of dew, a drop of water that goes into the ocean, but you realize that water needs to flow to be alive, and it’s in everything. It’s in all of our cells. It is a life force. The practice of opening your consciousness to the consciousness of other things helps you come into relationship and respect. Right now, we’re not one; we’re separate.



They say that something has to die before something else can grow, like the phoenix rising out of the ashes. I’m very encouraged by the fact that we have had something die: our faith in the government.
— Kate Durda

Michaels: How do we develop respect and compassion for life on Earth in all its forms?

Durda: You have to have a spiritual practice of some type. Meditation is a really good one. Our practice in shamanism is the journey. The better you get at traveling to “non-ordinary reality” ---- the phrase coined by Carlos Casteneda -- the more you can tap into those places of truth, and this will reform how you think. Through the journeying process, you become spiritually educated from the questions you ask and the depths you go.

Michaels: How can we find ways of meeting our deepest needs of the human heart for love, relatedness, and connection?

Durda: Shamanism leads you to that, because if you are listening to your inner self, you will find it. As humans, we need connection. If we allow ourselves that, then just as we want to be respected and treated well, we will respect and treat others well. For example, when we know that a tree has a spirit, or that everything has value, we’re led into community, into oneness.

There’s a system called augury, which means reading of signs, an ancient system of getting inspiration from the universe. Let’s say you want to quit your job, so there is this practice in shamanism to go outside and identify the first thing you see at cardinal points then meditate on them, because you already know what the real truth is inside you.

Michaels: How do we relinquish the beliefs and patterns of behavior that have been so damaging to soul and body as well as the planet?

Durda: This is a hard one because I think a lot of people have suffered trauma in their lives and we have forgotten that we need to heal. In indigenous cultures, they are aware of the impact trauma has on the spirit and they don’t ignore it. For instance, there’s a shamanistic technique called soul retrieval. Let’s say your soul is a puddle of water on a small country road. A car comes through and hits you; all the water flies out, and if you’re lucky all that water comes back. But with some people, that lost water is still theirs, but they don’t know how to get it back. A practitioner goes into the Universal Field, pulls out information about what happened in this person’s life and brings back that lost energy, so that person, once again, has a full tank of gas. It has been called different things, but it’s part of healing.

Michaels: Our world needs soul retrieval?

Durda: Our world needs healing. Period. Shamanic healing can be viewed simply in three ways: restoring lost energy (i.e., what happens when we experience trauma); removing energy that is not ours (i.e., false beliefs we take on as our own like when you’re told not smart enough, pretty enough, thin enough); or restoring balance to help others achieve full potential (i.e., raising their vibration to thrive, rather than just survive).

Michaels: How do you envision a shift or collective awakening?

Durda: They say that something has to die before something else can grow, like the phoenix rising out of the ashes. I’m very encouraged by the fact that we have had something die: our faith in the government. We had the shock to our system so now we are responding with an active rebellion. Women are leading this because we don’t want people to suffer. Most men don’t either, but when you’re oppressed, you see it more clearly.

Women have come out to run for office and they’re succeeding. More women are empowered as evidenced by the Women’s March being the biggest march ever in the world. And the #MeToo movement was unheard of in the past tens of thousands of years that women have been oppressed. Spirit Weavers organized a national conference at M.S.U. last September for the Society for Shamanic Practice called “Cultivating Power and Presence in Turbulent Times,” because we can’t just take care of our family; we have to think about community and get out into the world to do healing.

Michaels: With our emphasis on rational thinking, is there salvation for the next generation?

Durda: It will come through our spiritual development and living from a balanced and integrated mind-body-spirit center. The shaman’s work is to connect “heaven and earth”, which is bringing spiritual inspiration and energy back to the earth plane to be able to effect healing or change. It is that synergistic marriage of spirit and mind, held in the body, that is at the center of our salvation.

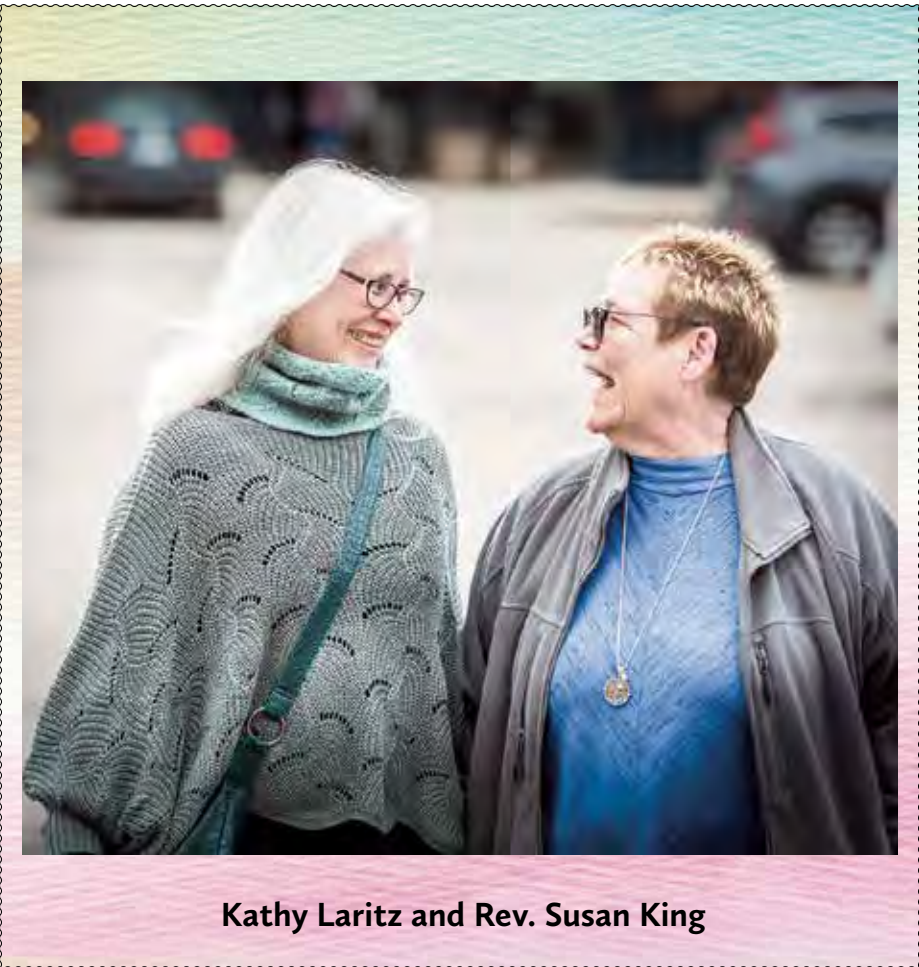
Just as I mentioned before that our current patriarchal culture is unbalanced and destructive, so is our current value on the rational. We have starved even science of its inherent power by only believing what we want to, or what we understand, rather than keeping an open mind as true science demands. Thomas Kuhn wrote a great book called *Structure of Scientific Revolutions* that debunks science as being the “truth”; rather, he points out that science is a series of theories or paradigms that get debunked, abandoned, or improved upon.

Implicit bias is very exciting as a developmental psychologist. Our own inner beliefs are the source of mistruths, separation, and judgment. Many examples of a growing quest for truth exist right now among our youth, to include the #MeToo movement, Black Lives Matter, changing views of gender, LGBTQIA, voluntary simplicity. Their future salvation depends on us learning to listen more clearly to the truth that comes from each of us living in balance and in connection with “source.” Yes, I am hopeful, and a warrior on this path to salvation!

Michaels: Do you have a dream for the cosmos?

Durda: Yes, it’s an organic consciousness when we have sovereignty that allows us to listen to the Great Spirit. The truth about male/female is that there is energy in this duality. I call it the dialectic; you swing one way, then you swing back the other way and then you move up a step, because hopefully, you’re learning as you journey. We don’t want to repeat history; we want to learn from it.

Continued on page 76



Kathy Laritz and Rev. Susan King

The Feminine Face of God

Continued from page 75

Buddhist Practitioner Kathy Laritz

Carin Michaels: Tell our readers about yourself and your work.

Kathy Laritz: I am Program Director at Jewel Heart Tibetan Buddhist Learning Center in Ann Arbor. The center was founded in 1987 by Gelek Rimpoche, and in 1988 I began working as his assistant. He wasn't a fan of calling me his assistant; he would always say I was his associate. He was a source of inspiration for many, and he emerged as one of the great Tibetan teachers in the West — living right here in Ann Arbor. He was tutored by many of the same masters who tutored the current 14th Dalai Lama, Tenzin Gyatso. Gelek Rimpoche was directed to instruct Western students by his teachers, and he taught Buddhist practitioners around the world.



The Tibetan Buddhist feminine principle relates to wisdom from which all things manifest and dissolve. Wisdom is understanding the true nature of reality.
— Kathy Laritz

Michaels: What is your definition of the feminine face of God?

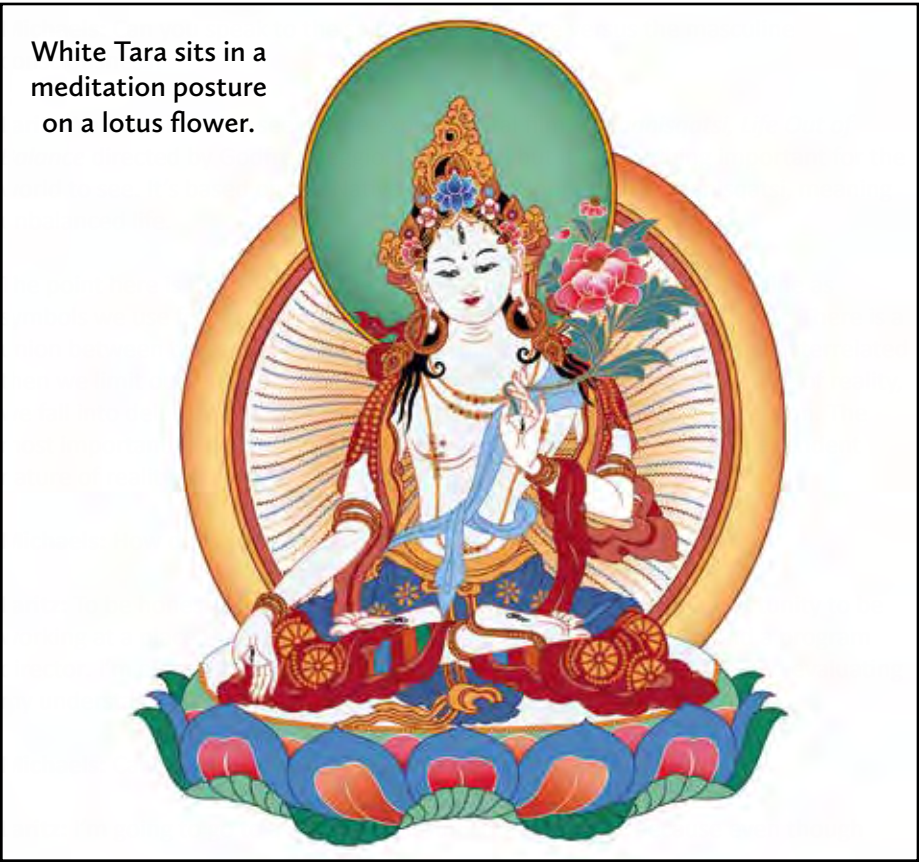
Laritz: The Tibetan Buddhist feminine principle relates to wisdom from which all things manifest and dissolve. Wisdom is understanding the true nature of reality. Compassion (love, care, and engagement), is an activity that's given to the masculine, although wisdom and compassion are contained in each other. In Buddhism, it's more about their union as actions that are based in the truth, because when we're not aligned with the way things are, even though we might think we're being helpful, we may be harmful. That's why compassion requires wisdom, that which points to interdependence.

If you're aligned appropriately then what can emerge, or manifest, is aligned with reality. For example, Buddha's path to enlightenment began when he recognized suffering, like death, illness, and old age. At his birth, it was prophesied that he'd be the greatest ruler in the material world, which his family wanted for him, or that he would be the greatest spiritual leader. His life was sheltered, and his training was extensive, but he decided to leave the safety of his kingdom and live the life of a yogi to find an end to suffering. The outcome of his journey led to his enlightenment, and his first teaching called the Four Noble Truths: there's suffering; there's a cause to suffering; there's a solution; and a means to arrive at that solution.

The key point that he found in the process was the wisdom element. He already had the compassion as he was seeking the end to suffering. Compassion is the active masculine. He discovered the feminine wisdom — that the self doesn't exist in the way you think it does because everything is interdependent.



One doesn't preclude the other. There is a union between those qualities. When we think they are separate versus interrelated then we limit ourselves.
— Kathy Laritz



he was male, he embodied the feminine: "In a real sense all life is inter-related. All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be...This is the inter-related structure of reality." His vision was the wisdom of the feminine, and his compassion in action was the masculine.



We must continue to clear our garden of weeds to help the next generation. You do that by helping yourself, your friends, and your enemies, because the change starts with you. "The kingdom of God is within you."
— Kathy Laritz



So how do we relinquish negative patterns? If we take responsibility for our thoughts, words, and actions, we can bring change to negative beliefs and patterns in order to follow the wisdom or guidance of our teachers.
— Kathy Laritz

Michaels: How can we become whole, or said another way, how do we recover our lost sense of the sacred or being part of something sacred?

Laritz: The best way of being of service to the sacred is sharing your understanding of the Dharma, which is about Buddha's discovery of The Four Noble Truths. Allen Ginsberg, the writer and poet, who was also part of our sangha, asked Rimpoche, and I'm paraphrasing here, what was the value of his work in the greater scope of suffering, and Rimpoche replied any alleviation of suffering is important. This was Buddha's message - recognize suffering, see the cause of suffering, therefore suffering can come to an end, and there is a means to do it.

There's a brief practice Buddhists use that's called the Seven Limbs. It is said that the ancients tried to identify what people could do to maintain the sacred in their lives. The outcome was this prayer as it helps us remember to clear our negativity, build our positivity, and watch our mind. That's the bottom line. Everything is in there.

I bow down in body, speech, and mind.
I offer the best I have to give, both real and imagined to fill the space between us.
I regret and purify all transgressions.
I rejoice in all virtues.
I request you to remain until total enlightenment.
I request wise and compassionate guidance.
I dedicate my merit for the sake of all beings.

Michaels: That sounds feminine and masculine.

Laritz: The method is masculine, the ground on which it arises and dissolves is feminine.

Michaels: How do we relinquish the beliefs and patterns of behavior that have been so damaging to the soul and the body, as well as the planet?

Laritz: It's the inter-relational aspect in the Buddha story: he wanted to understand if he could bring an end to suffering, and that meant he was taking responsibility. People who also have been working this same path of enlightenment pass on Buddhist teachings, and they've been sharing their results. So how do we relinquish negative patterns? If we take responsibility for our thoughts, words, and actions, we can bring change to negative beliefs and patterns in order to follow the wisdom or guidance of our teachers. With this comes respect for others, because we're taking responsibility for our own negativity.

Michaels: Can you share a favorite citation, myth, story, verse, or image that was influential during your quest for the soul or exemplifies the feminine face of God?

Laritz: In Tibetan Buddhism, the feminine face of God – interdependence – is also accompanied by the masculine face of God – love and compassion. With that in mind, I've always appreciated a quote by Albert Einstein.

"A human being is part of the whole, called by us 'Universe'; a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Nobody is able to achieve this completely but striving for such achievement is, in itself, a part of the liberation and a foundation for inner security."

As we develop our ability to recognize the optical delusion of separateness and instead see the interrelated nature of life, the quality and efficacy of our kindness, love, and compassion is deepened by that wisdom or, the feminine face of God.



As we develop our ability to recognize the optical delusion of separateness and instead see the interrelated nature of life, the quality and efficacy of our kindness, love, and compassion is deepened by that wisdom, or the feminine face of god.

— Kathy Laritz

Buddha's message says that it is possible to achieve this enlightenment. I think it is a long and gradual path, one fueled by expanding our love and compassion to integrate and align our consciousness with the true nature of reality.

Michaels: How do you envision a collective shift in our consciousness?

Durda: A collective shift will depend on each of us, individually, taking responsibility to look within and reflect on how we relate to others and ourselves. As we shift and broaden our individual perceptions of life, we can touch and impact others. For example, a genuinely caring smile that comes unexpectedly from a stranger can change a person's day.

Michaels: Is there salvation for the next generation given our current emphasis on rational thinking?

Laritz: We train our mind to be willing to see things as they truly are; that's why there is a union between compassion and wisdom. The reference of rational thinking has a negative overtone, in terms of thinking that the feminine wasn't in that category. This question is a little bit about definition and connotation of words. We use our mind to cultivate the positive, reduce and eliminate the negative, and that's rational. The alignment of feminine is a rational process.

This alignment is also seen during the raging storm in the Sea of Galilee with Jesus and his disciples. Jesus was sleeping through it, but they woke him up to assess the situation, and he said "Peace. Be still." In the aspect of the rational mind, we need peace to be in charge of our own mind. Right now, we're at the mercy of a global mind set, where a hose is turned on and it's flailing everywhere on everyone. Buddhism, in a nutshell, is clear your negativity, build your positivity, and tame your mind, or watch your mind. Taming your mind means knowing what's going on, and Buddhist training allows you to be mindful. Mindfulness is not a de-stressor; it's having enough focus and concentration power so you can recognize stuff and name it.

We need to allow the next generation to take responsibility, and we see they're doing it. The youth today can identify the suffering elements and they are seeking to clear those negativities. It's not the degenerate age out there, because they're working from the inside out. It's about what you can do from within.

We must continue to clear our garden of weeds to help the next generation. You do that by helping yourself, your friends, and your enemies, because the change starts with you. "The kingdom of God is within you."

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Music Reviews

By Sarah Newland



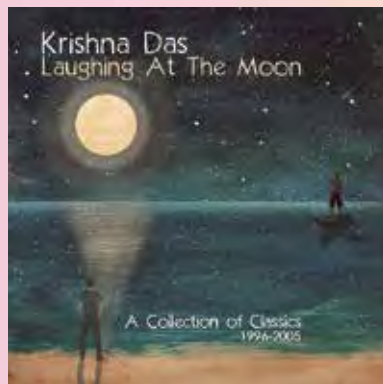
Songs of Kuan Yin cd Featuring Deva Premal, Wah! And Donna DeLory

Heart-opening music to invoke
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Embrace cd By Deva Premal

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The Crazy Wisdom Kids Section

Book Reviews – Great Kids Books
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By Waldorf parent Sarah Newland

Yoga Whale: Simple Poses for Little Ones

By Sarah Jane Hinder

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On the Nature Trail: What Will You Find?

By Backpack Explorer

Go on a nature adventure with this hands-on field guide and discover plants, animals, birds, insects, and more. Includes making your own trail map, sticker sheets, and a real working magnifying glass. Explore questions like, What do butterflies eat? How do different seeds feel? Do you hear any buzzing, chirping or scratching? Illustrations and drawing on each page and entirely interactive.
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By Jan Wahl

There is a technology we use every day in our cell phones, microwaves, alarm systems, laptop computer, and many other things. How did it get invented? The fascinating answer is that there was once a glamorous movie star named Hedy... This is a chapter book with illustrations for middle aged children.
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A Place for Turtles

By Melissa Stewart

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Madeline Finn and the Shelter Dog

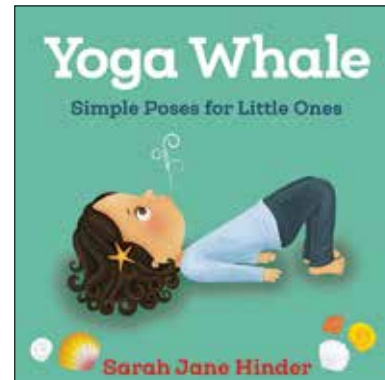
By Lisa Papp

Madeline has a new puppy and lots of responsibilities. She has to walk Star, feed him, and make sure he has a safe place to sleep. But she learns the most about love. So when she visits an animal shelter, she has lots of questions about the dogs who live there, and is determined to help them.
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By Nnedi Okorafor

Sunny Nwazue lives in Nigeria, but was born in New York City. Her features are West African, but she's albino. She's a terrific athlete, but can't go out in the sun to play soccer. There seems to be no place she fits in. And then she discovers something amazing – she is a "free agent" with latent magical power. Soon she's part of a quartet of magic students, studying the visible and invisible, and learning to change reality. Will their training be enough to help against a threat whose powers greatly outnumber theirs? For teens.
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Crazy Wisdom Kids in the Community

Mindfulness with Barbara Newell, Joy Aleccia, and Anique Pegeron



Photo by Rachael Waring

"Of all the to-dos on my mom list, the most upsetting and hilarious has to be self-care through meditation."

By Laura K. Cowan

Of all the to-dos on my mom list, the most upsetting and hilarious has to be self-care through meditation. I do actually have a supportive spouse, I work flexible hours, and I only have one kid. Still, the idea of adding one more to-do in addition to taking care of everyone around me — taking care of myself and forcing myself to calm down — is high in irony and low in fiber.

It's about living in the doing instead of just another to-do.

Currently I'm launching a tech blog with my husband, writing magazine articles, nursing a sick puppy, keeping up with a kid who is determined to catch every strain of flu this side of the Mississippi, and writing my twelfth novel, while planning all the family vacations... so we can relax. *And...* I'm one of the privileged moms who gets to choose how she spends her days. I know if you're a single working parent or doing the stay-at-home thing instead of juggling work, you're probably dealing with something much harder, like taking care of aging parents while raising babies.

For a parent to prioritize keeping calm is inevitably required. That's one of the reasons mindfulness meditation is a growing trend breaking into the mainstream. It is a type of self-care that helps people, moms in particular, stop and smell the roses and refresh themselves. It's about living in the doing instead of just another to-do.

I've learned to say no to practically everything to manage the barrage of opportunities we don't have the energy to balance.

According to Ann Arbor mindfulness coach Barbara Newell, this world we live in of thinking and improving and doing often leaves no space for feeling. Mindfulness meditation, which teaches ways to be present in daily life, is trending with parents and high-performing professionals. It helps us bridge that tendency in our culture from being carried away by thinking about all the things that need to be done to just acknowledging thoughts as they pass.

People are learning that mindfulness is a very simple way of connecting with a self-care routine that doesn't require a lot of time, spiritual study, or any particular belief system.

Kids are now getting into the mix as well, learning tools to cope with the stresses of school. Parents know it's harder on kids these days to keep up. Kids are seriously stressed by the load of over-scheduling and high-achieving school standards, especially in a place like Ann Arbor, where my nine-year-old can already opt into advanced math programs or take after-school activities until she drops. If I let her. I did bring her to AAPS in second grade because her smaller district wasn't challenging her, but there is a down side to every school system as wonderful as Ann Arbor's. I've learned to say no to practically everything to manage the barrage of opportunities we don't have the energy to balance. Yes, I force self-care and balance down my family's throats like brussel sprouts. It's good for them. We will not be stressed out and exhausted, so help me if it's the last thing I do. Right. Where was I?

Mindfulness meditation has recently experienced explosive growth in popularity, including in Ann Arbor, because research studies with evidence-based findings keep showing improvements across the board in people's physical and emotional health using the practice. People are learning that mindfulness is a very simple way of connecting with a self-care routine that doesn't require a lot of time, spiritual study, or any particular belief system.

What this class and others do is create space for parents to process their lives and reorient. With renewed awareness, they can apply their own values and priorities to their roles as parents and enjoy it.

Here's why it works for parents and kids: mindfulness meditation isn't a prescribed routine. It's a skill we can learn to check in with ourselves. So instead of worrying that I haven't done enough meditating today, I use this skill to check in and get real about what's happening. "How am I feeling when the P.T.A. asked me to volunteer even though that lady I've never met gives me the side eye and a guy almost just ran me off the road while I was doing carpool?" I'm feeling like it might be a good night to chill out with a movie and the family and push the business accounting to tomorrow. Another burnout moment avoided. When I check in with how I feel more regularly, I don't have a chance to get so off track trying to force myself to get everything done. My body thanks me. I have more energy. I stay healthier. Can somebody please teach my puppy mindfulness?

If it helps to get started by joining a group, there are now many sitting groups around Ann Arbor. Online sites like Mindful City Ann Arbor (mindfulcityannarbor.org) list ways to join groups in town. Several local teachers offer classes tailored to parents and kids, like at Barbara Newell's group Grove Emotional Health Collaborative, where two different coaches work with parents and teens to create healthy routines for daily life. The experience can range from a relaxing way to end the day with a supportive group of friends to coaching that comes to you to teach kids ways to relax and stay present with themselves through stressful moments.

I sat down with a few of my favorite coaches to discuss the benefits of mindfulness and how it works. There are tons more groups around town. Happy meditating, parents. Moreover, happy saying no to the P.T.A., God bless 'em and the important work that they do.

MINDFULNESS FOR PARENTS

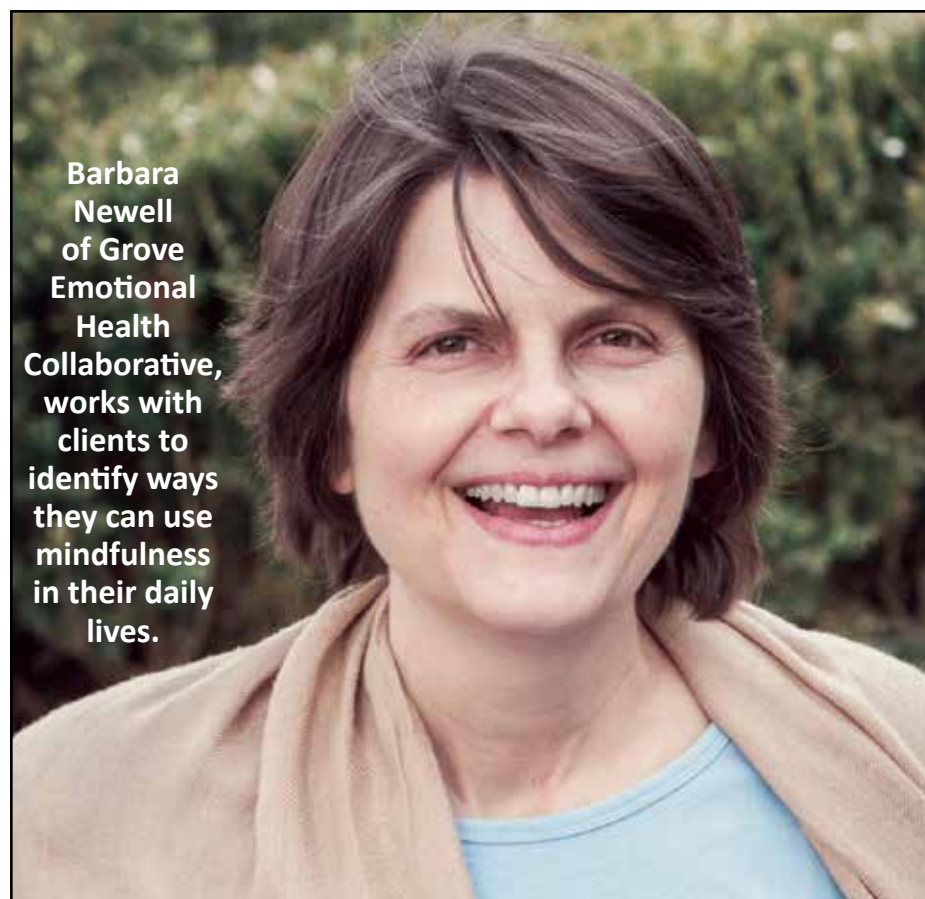


Photo by Rachael Waring

Barbara Newell works as a mindfulness coach alongside a group of therapists and one other mindfulness coach, Anique Pegeron. Newell's study of mindfulness goes all the way back to 1974, when someone handed her Thich Nhat Hanh's *Miracle of Mindfulness*. Her studies would take her to the Zen temple in Ann Arbor in 1992 and to living with Thich Nhat Hanh's community for six years before returning to the United States. She has a quiet peaceful way about her and sat with me in an empty room at the Grove offices on Main Street, where we added our own lamp and chairs, like a meditation circle. I could tell right away she was well-suited to this work. She carries herself like a nun who meditates at regular hours (as an Ann Arbor kid raised in Catholic school who's known a lot of Buddhists, I've been around a lot of nuns).

Newell said she works with clients to identify ways they can use mindfulness in their daily lives, not as a meditation practice, but to be used while going through their routines, in order to be more present and enjoy their lives more.



MC4ME™

Michigan Collaborative for Mindfulness in Education



OUR MISSION:
To cultivate attention, empathy and well-being in students, educators and families by providing training and information on mindfulness practices.

OUR VISION:
Compassionate and mindful school communities throughout Michigan where all students thrive.

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What are the most common challenges for people in a mindfulness circle or coaching session? "There are a whole world of needs, tasks, and challenges," Newell said. "We can feel caught up in the doing and lose contact with the spirit of why — the meaning of life and the expression of love for our family."

Newell said her class on mindfulness grows out of individual coaching with parents. She said she was surprised to hear how busy parents are these days, even just the sheer amount of driving they do for their kids. There are also a growing number of anxiety disorders among kids presenting in her practice, and she seeks to help families address the stress of daily life in ways that work for them without adding one more to-do item to their list.

That's why Newell doesn't call her class Mindful Parenting, but Mindfulness for Parents. Parents don't need another stressful standard for perfect parenting. It can be overwhelming enough to fit in all the things parents need to do in a day. What this class and others do is create space for parents to process their lives and reorient. With renewed awareness, they can apply their own values and priorities to their roles as parents and enjoy it.

"What can seem selfish for a moment [in taking the time for a mindfulness class] pays dividends to everyone around you if you take time for yourself so you can be more present," she said.

Mindfulness is often taught as a two-part practice here:

1. As a sitting meditation or formal practice, a time to pause and be present. With practice, this becomes more habitual and easier to integrate into the day.
2. As an informal practice that weaves a sense of presence into the day, to pause as we do things and enjoy the moment or just be present with ourselves to witness what is going on and stay with ourselves whether we are enjoying it or not.

When we are present with ourselves, we give ourselves the opportunity to make a fresh choice in the moment of how we want to orient our focus. Do we want to look in our loved ones' eyes and feel connection? Do we want to stop and smell the fresh air while stopped at a traffic light? Do we want to stay present with how we're feeling and support ourselves through a difficult moment? Mindfulness is not about forcing yourself to sit on a cushion and think or breathe, Newell emphasized. In fact, one of her favorite practices is to help clients identify where their natural passions

Crazy Wisdom Kids in the Community

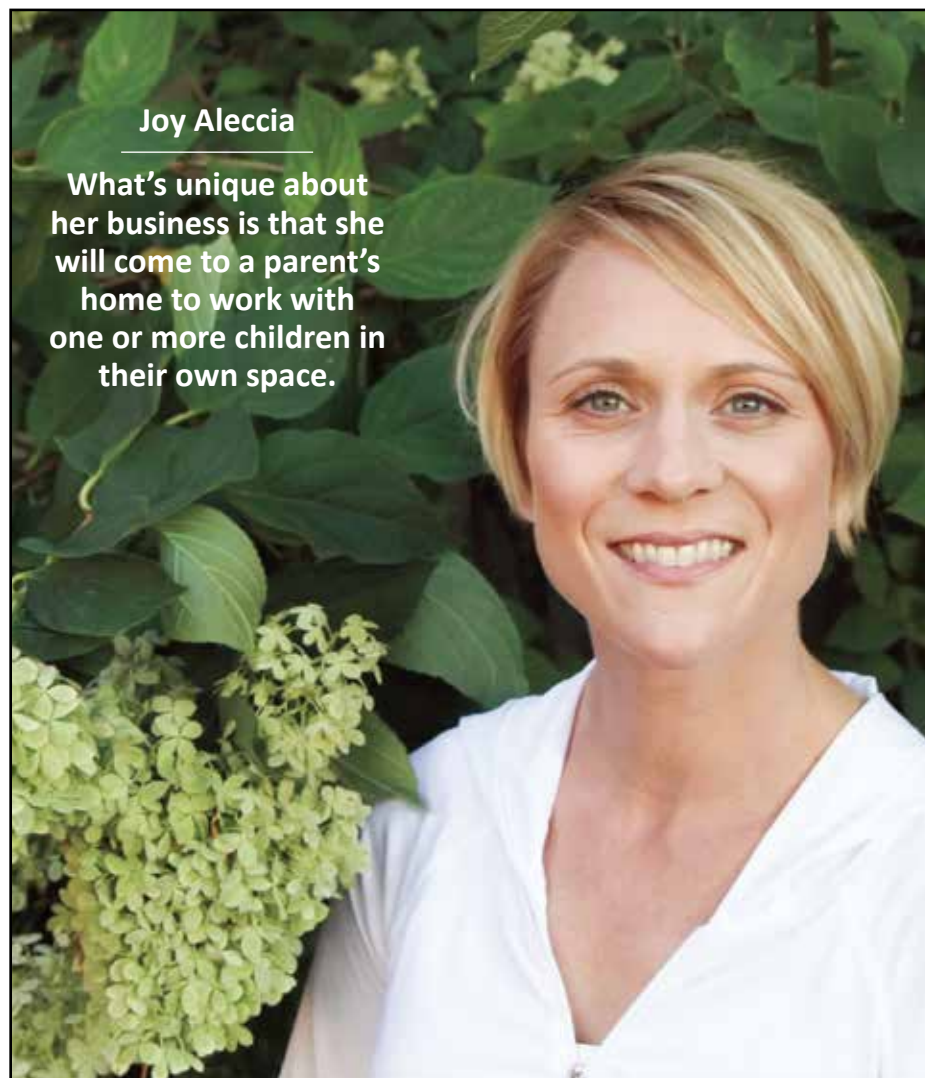
Continued from page 81

and joy in life are, and be mindful in those moments. She asks what their day is like. What do they enjoy? Is it skiing? Is it music? Being present in those moments is not a cookie cutter approach. It's a selected focus on showing up for what's meaningful to us personally.

Finally, Newell said it can be helpful for parents to have a group of like-minded individuals to support them and hear how challenging it can be to parent these days. Her groups are composed of many different kinds of parents, ages, and lifestyles, but her classes are often filled with working parents.

You can reach Barbara Newell at Grove Emotional Health Collaborative's office on Main Street at www.groveemotionalhealth.com or by contacting her at barbara@groveemotionalhealth.com and (734) 224-3822 x113.

SOME RELIEF AND GO-TO TECHNIQUES FOR KIDS



I met Joy Aleccia when our daughters took yoga together for two summers. It's one positive side effect of being in a town where kids get into the fun of mindful exercise and green living — you meet a lot of like-minded parents. Joy Aleccia co-founded Seek Wellness in Ann Arbor with her business partner Karin Elling-Gardner, a chef and registered dietician. Aleccia is a yoga therapist and Reiki master who works specifically with kids to create a holistic approach to wellness. Her offerings include coaching in mindfulness as well as nutrition, Reiki, and other healing modalities. Aleccia works often with children who are dealing with anxiety or O.C.D., ages 5 to 9, and also with local Brownie troops. What's unique about her business is that she will come to a parent's home to work with one or more children in their own space. This is great for families that want support without joining a group class. She said one of her greatest tasks is to blend into their space to make them comfortable while she's teaching them ways to relax in a stressful moment.

Aleccia teaches kids simple ways they can stretch, meditate, or play games that help them feel good in the middle of their day. "We're just strengthening your armor so you can feel better, not perfect," she said. A veteran yoga teacher, she added, "I always include a few yoga poses because it's another tool in the toolbox." She shows kids poses that are designed for relaxation, such as the Rag Doll dangling pose that

Aleccia teaches kids simple ways they can stretch, meditate, or play games that help them feel good in the middle of their day. "We're just strengthening your armor so you can feel better, not perfect," she said. A veteran yoga teacher, she added, "I always include a few yoga poses because it's another tool in the toolbox."

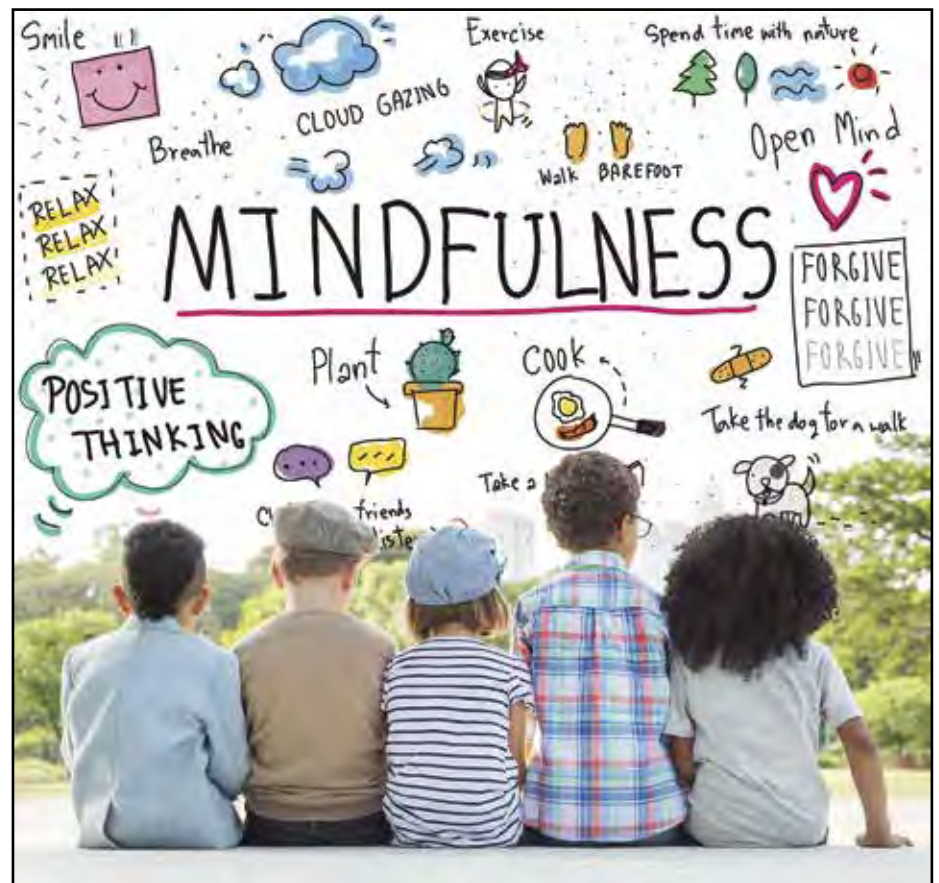
can calm you when you're feeling overwhelmed. She also includes a practice of kids putting their feet up a wall while lying down and also helps them learn to breathe deeply for relaxation.

Several sessions in a row with her young clients are followed later by a refresher. Aleccia can also teach kids how to ground using visualization techniques that are super simple, such as helping them imagine themselves as a tree with roots reaching down into the ground. This helps orient them in the present and stay with themselves during stressful moments.

Aleccia says that one of the keys to mindfulness she picked up in a TED talk, where the speaker talked about how if you take the stairs instead of the elevator and your legs start burning, your heart rate elevates, you're not thinking, "Oh no, I'm taking the stairs wrong." It's just a new experience of a different way to get upstairs that comes with new sensations, and we know this intuitively. When we meditate, we tend to judge ourselves too soon and think that we are no good at it. People tend to talk themselves out of mindfulness meditation because they think they're doing it wrong, Aleccia said. Kids don't have that expectation, so it can be easier to work with them and their willingness to try a new experience.

Joy Aleccia is reachable for in-home meeting and office visits at her website www.a2seekwellness.com, by phone at (734) 274-5310, and by email at contact@a2seekwellness.com.

MINDFULNESS FOR TEENS



Mindfulness coach Anique Pegeron grew up in Ann Arbor, so she knows all about the high expectations and packed schedules we value. When Pegeron was in high school, she was told "calm down" or "pay attention" with very little instruction as to how to do that. Her inspiration came from wanting to create a better method for teens today to learn how to process the pressures of life with a road map for relaxation and self-care. Pegeron started with mindfulness summer camps for kids at County Farm Park, a program she still runs from her website Mindful World (mindful-world.com). It is focused on nature, games, yoga, creating community, and teaching small ways kids can practice mindfulness for their own benefit.

When Pegeron was in high school, she was told "calm down" or "pay attention" with very little instruction as to how to do that.

The next logical step was to extend the programs to teens, Pegeron said, through her Right Now Mindfulness and Yoga for Teens class. She prepared for her coaching with a program in California called Mindful Schools (mindfulschools.org) where mindfulness was already big a few years back, and added that on to her bachelor's in psychology and master's in education. She realized that families wanted to learn more about mindfulness as it went mainstream.

Pegeron also works at Grove Emotional Health Collaborative. She said it's great to be a coach that works with teens looking for tips to cope with daily life. It allows her to support them with the latest offerings from the mindfulness movement. She also loves helping them learn that in a society that encourages seeking healing externally,



**“Can you learn to befriend your own emotions, knowing they’re part of the human experience?”
– Anique Pegeron**

mindfulness can help us seek what we need internally. This can be great for building self-esteem and resourcefulness throughout life.

“It’s not about getting it right or doing it one way,” she said. Pegeron works with teens to find their best way to connect with themselves in the midst of a lot of pressure to succeed or organize their lives, so they stay in touch with what is really important to them and know they have the resources internally to succeed. “The road within is there for all of us but is blocked,” she said. “[This helps] remove the barriers.”

...in a society that encourages seeking healing externally, mindfulness can help us seek what we need internally.

Pegeron said her education in Ann Arbor was great, but it filled her mind with a lot of information instead of giving her instruction about the nature of her mind. She believes that because Ann Arbor is a high-achieving town, mindfulness is having its moment here, and we really need these tools to deal with pressure.

One of her best tips to understand mindfulness is this: treat yourself like you would treat a friend. She is teaching more these days on mindful self-compassion, she said, because we tend to be so much harder on ourselves than we are on others. Learning to pay attention to how we treat ourselves can make all the difference in creating a balanced life.

Pegeron seconds the idea that mindfulness suits Ann Arbor because of the scientific research backing it up as more than a spiritual practice. It’s completely nondenominational, which means it works not only for people whose focus and lifestyle orients around scientific process but also for people who are religious but don’t want to practice any kind of meditation that combines their spiritual practices with those of another religion. For some, mindfulness opens up the path to other spiritual practices that might benefit them. For others, it’s a simple tool that excludes spiritual practice, which can be a relief for those who are non-religious or recovering from religious abuse.

Pegeron said her education in Ann Arbor was great, but it filled her mind with a lot of information instead of giving her instruction about the nature of her mind.

So what happens when you don’t want to be present with discomfort and befriend your own experience? Pegeron said it’s about befriending yourself in whatever situation you find yourself, not numbing out and creating an overwhelm, because, she said, what we resist persists. “Can you learn to befriend your own emotions, knowing they’re part of human experience,” even when they’re not comfortable? Pegeron said this is preferable to avoiding discomfort, because that often leads to situations piling up on us. In fact, she said, mindfulness helps us sharpen our discernment of uncomfortable situations and mind-spinning stories we tell ourselves about our experiences and blame ourselves or blame others. When we train ourselves to be mindful of our experiences, we can help ourselves sift away the narratives to an underlying essence of what feels authentic to us. We can practice an experimental sort of thinking about our experiences, instead of resorting to life and death thinking.

Pegeron said that cultures who cultivate mindfulness value thinking as much as our society does, but they also value intuition, a deeper subconscious type of thinking that values emotions as signals of what is happening to us and what decisions we feel we need to make. Healing doesn’t just come from understanding what is happening to us, but from listening to and feeling emotion and seeing if it speaks to us. This can build resilience, but it can also be challenging and leave us feeling uncomfortably raw with feeling so much for a while. Groups and classes can help people see the common experience we all have with these things and normalize people’s experience of growth.

Anique Pegeron works through the Grove Emotional Health Collaborative and can also be reached at her website www.mindful-world.com. She is a certified Mindful Schools instructor at www.mindfulschools.org/resources/certified-instructor/name/anique-pegeron/.

IN CONCLUSION, DARN IT

Truth time: I don’t know a single parent, myself included, who feels they have this balance thing licked. I know one woman dealing with having to find new housing while sorting out her career after a cross-country move, and it’s tearing her up. Another friend found a new job only to have to testify against her new boss. A third friend is helping her teen through mental health challenges while raising younger babies, and it’s wrecked her health. Out sick from school, my daughter’s stress brought her to tears even though she has a supportive teacher who is happy to catch her up. Where did we get this idea that we have to keep going and be perfect even when it’s absurd? I hope I didn’t teach her that, though my schedule disagrees.

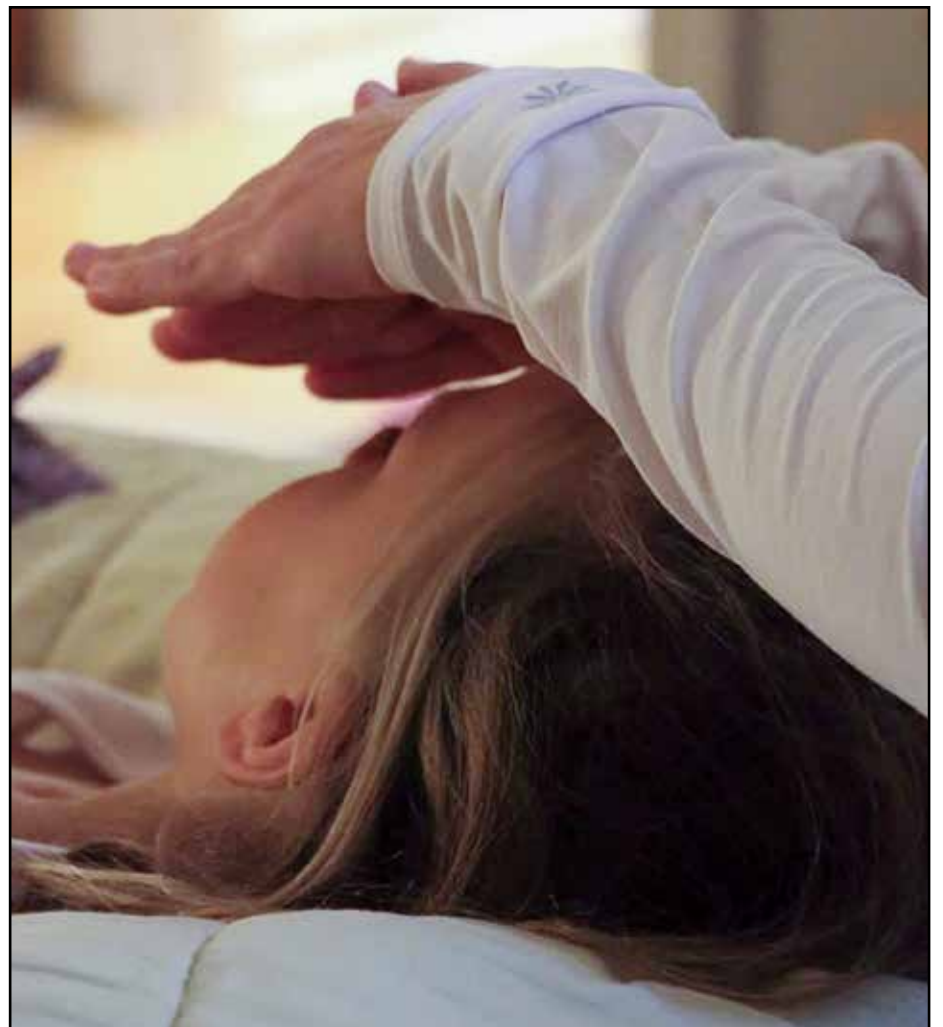
Mindfulness meditation is a tool I reach for when life is too much. It won’t add another burden to my list of beautiful things I have actually chosen to do.

For myself, I have added mindfulness into a daily routine when I can remember, but I’ve also benefited greatly from moving meditation when I need to work off the stress instead. Walking, swimming, tai chi, and similar exercise has become my go-to. And that supportive family of mine insists I stick to it, because I really do start to fall apart when I don’t keep up with self-care.

Mindfulness meditation is a tool I reach for when life is too much. It won’t add another burden to my list of beautiful things I have actually chosen to do. I love my work. I love this family. I love this town. And I love not being burned out. Blessings that you find your balance as well.

See Laura K. Cowan’s bio along with bios of some of our other contributors, on page 7.

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If you’d like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the September through December issue is July 1, 2019.

Bringing Mindfulness to Students and Educators

MC₄ME – The Michigan Collaborative for Mindfulness in Education Has Been Leading the Charge



Our vision is compassionate and mindful school communities throughout Michigan where all students thrive.

By Mary Spence, PhD

Almost three years ago I wrote about the work of transforming schools with mindfulness practices in Michigan for the *Crazy Wisdom Journal*. So many amazing moments have happened since then! School communities—students, staff, administrators, and parents alike, are beginning to understand how essential mindfulness skills are to the embodiment of social emotional learning (SEL) skills and to facilitating learning. With the passage of the Every Student Succeeds Act (ESSA) in December of 2015, federal law recognizes the importance of new variables such as:

- student engagement
- educator engagement
- post-secondary readiness
- school climate
- safety

These are all factors that easily fall under the rubric of experientially based mindfulness and also more traditional social emotional learning (SEL) programs. More importantly, there is substantial evidence as to the effectiveness of mindfulness in assisting students with focus and emotional regulation. Many of these secular mindfulness programs can be easily incorporated into classroom settings. Even though the Every Student Succeeds Act (ESSA) provides a ripe opportunity for embedding mindfulness/SEL programs within the bedrock of school curriculums, no state's federal plan yet endorses curricular programs of SEL, which have over 20 years of empirical evidence for their effectiveness.

While institutional change is slow, grass roots efforts are not. MC₄ME—The Michigan Collaborative for Mindfulness in Education (www.mc4me.org) has been leading the charge.

Our mission is to cultivate attention, empathy and well-being in students, educators and families by providing training and information on mindfulness practice. Our vision is compassionate and mindful school communities throughout Michigan where all students thrive.

We have grown in both the numbers of collaborators and geographical representation throughout the state since we launched our non-profit's initial event in April, 2014. Currently, more than 1,000 people receive our newsletters and announcements, along with close to 600 people following our Facebook feed. We are forging a collaborative network with Michigan State University Extension Program, Grand Rapids Center for Mindfulness, The CRIM (Crim Fitness Foundation in Flint), Ann Arbor Center for Mindfulness, Beaumont Hospital, and the Ann Arbor Mindful City initiative. We are beginning to discuss membership options, formal trainer affiliations, and the possibility of a formal statewide organization. We plan to hire our first external part-time Executive Director to help coordinate our efforts.

We were inspired by participants actively engaging in sharing stories and information about the ways that they are implementing mindfulness in Michigan schools and higher education institutions.

In the past four years, we've held five national-level trainings, all of which have filled to capacity. These trainings featured experts in the field who have written books on mindfulness in education and developed mindfulness programs for all levels of education, as well as for specific challenges, such as substance abuse. We co-sponsored an online follow-up class with one of our major presenters, Susan Kaiser-Greenland, author of *The Mindful Child* and *Mindful Games*. In August of 2017, we held a day and a half training for educators with an active mindfulness practice who wanted to learn how to share specific mindfulness activities with elementary and middle school students. Group-based coaching sessions were made available after the training.

Additionally, we've held six half-day retreats, with opportunities for networking and further learning by presenters in the afternoon. These afternoon meet-ups allow practitioners to talk about how they are integrating mindfulness into their work in schools and with parents. They also highlight a colleague's specific approach to bringing mindfulness into their school-based setting. Watch our events page (<https://www.mc4me.org/events.html>) to register for our next meet-up and retreat. We'd love to have you join us!

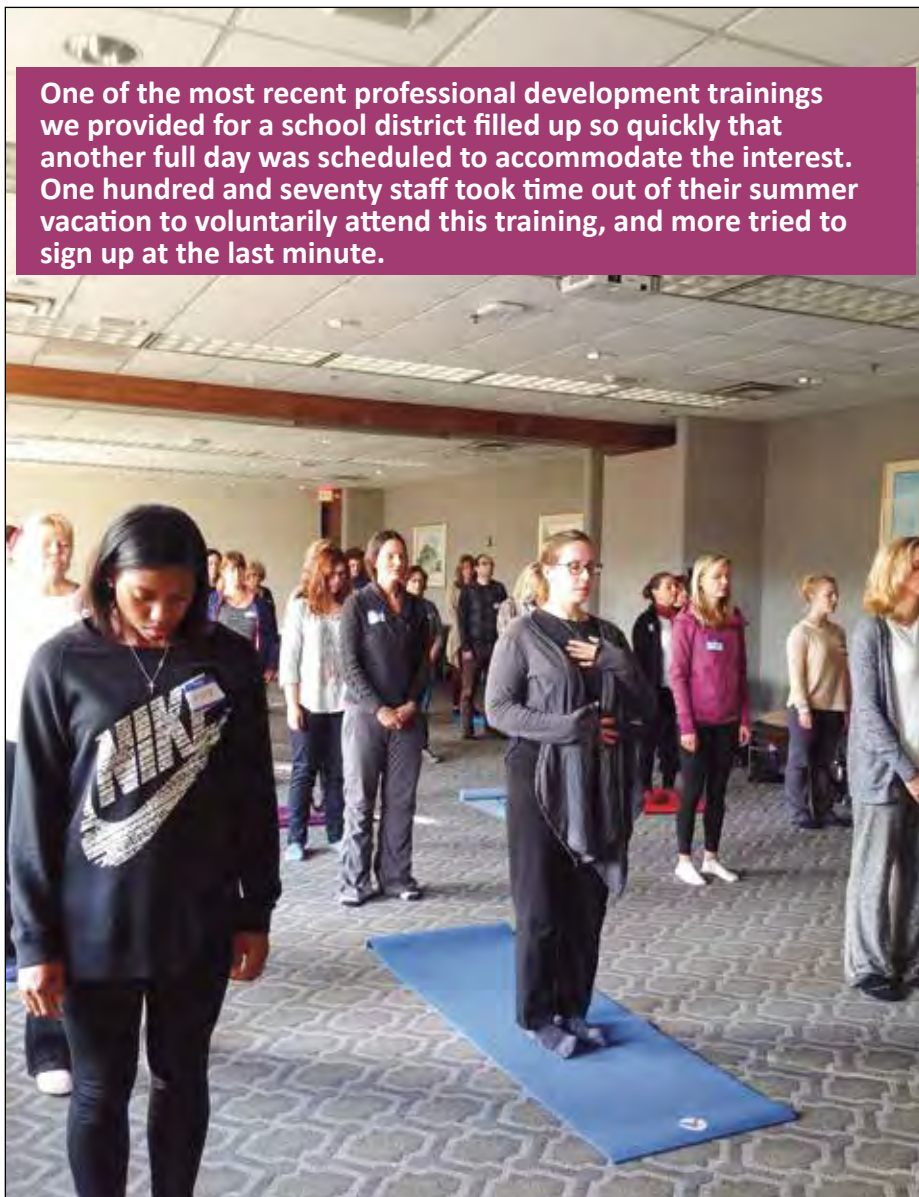
Anxiety in students also decreased significantly, not a small thing in these days when about one-third of adolescents meet the diagnostic criteria for an anxiety disorder. Students described using their breath to help them calm down in a number of situations at school and at home.

We have held four community meetings, including a presentation for parents. Our most recent community meeting brought together a wide array of educators and health professionals from across the State committed to supporting mindfulness practices in children, parents, and staff.

We had mini-presentations from a K-8 principal, a Spanish middle school teacher, a guidance counselor, and a mindfulness teacher. They all described successes in weaving mindfulness throughout a school and/or school district. We were inspired by participants actively engaging in sharing stories and information about the ways that they are implementing mindfulness in Michigan schools and higher education institutions. These efforts range from district wide implementation to the individual student level approaches.



"Mind Jar" in Action



One of the most recent professional development trainings we provided for a school district filled up so quickly that another full day was scheduled to accommodate the interest. One hundred and seventy staff took time out of their summer vacation to voluntarily attend this training, and more tried to sign up at the last minute.

We've also been busy raising awareness, providing information, support, and trainings to schools including: Ann Arbor Public Schools, Jackson, and Oakland ISD, Dearborn Schools, Troy School District, Grosse Pointe School District, and Equity Education in Detroit. To date, we have provided presentations, workshops, and comprehensive trainings to over 40 non-profit organizations and school settings.

Participation in any of these trainings range from ten to ninety-five participants and our evaluations show how valuable teachers find this information. This is no surprise, given that the teaching profession is considered one of the most stressful occupations in current times. Statistics on teacher retention regularly report losing approximately 50% of teachers in the first five years of teaching. One of the most recent professional development trainings we provided for a school district filled up so quickly that another full day was scheduled to accommodate the interest. One hundred and seventy staff took time out of their summer vacation to voluntarily attend this training, and more tried to sign up at the last minute.

MC4ME offers a variety of mindfulness trainings, from one-hour presentations and half day workshops to comprehensive school training that includes twenty-two hours of mindfulness teacher training and eight hours of classroom training with students using established mindfulness curricula.

A formal program evaluation of a comprehensive mindfulness training program we conducted with a Grosse Pointe middle school met with remarkable success for both teachers and students. Pre and post administration of standardized measures with teachers and students indicated significant improvements in stress, emotional regulation, as well as endorsement of mindfulness qualities. Anxiety in students also decreased significantly, not a small thing in these days when about one-third of adolescents meet the diagnostic criteria for an anxiety disorder. Students described using their breath to help them calm down in a number of situations at school and at home.

These are some of the comments they made:

"This past week I was feeling stressed because I didn't get the grade I was hoping for in science and at first I freaked out, but then I took deep breaths and calmed myself down. Now I understand what we are learning."

"This past week I used mindfulness at school before a math test. I practiced breathing mindfully at my desk and it made me feel very calm and prepared for the test, which was nice, because I usually feel very stressed."

"I used mindfulness before a test and before I went to bed. It helped me stay more focused on the test and helped me sleep better."

"In band we had to perform and be judged and graded on how well we did. Right before we were going on stage I started getting nervous and I used the mindful breathing to calm me down."

Karltta Zarley, RN, CHTP

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*Step into Who
You Really Are*

Teachers also shared how mindfulness training affected them personally and professionally:

"I am much calmer, in less of a hurry, aware. I find that I am able to see myself from the outside in, as well as from the inside out. I am continuously adjusting all day because I am mindful of every action."

"It [*mindfulness training*] has made me calmer and given me perspective. It has made me appreciate and notice things in myself, and others, and in my life that I hadn't before; it has given me tools to live a fuller, more peaceful life. I am pausing more, I am judging less. I am less anxious, less fearful, more peaceful. When I tame those big bad noisy thoughts, I feel empowered."

"In the classroom, working with the most difficult students, mindfulness taught/helped me improve my patience, improve not being judgmental and increase my compassion for my students. Outside school, positive examples of mindfulness: my husband and daughters have noticed and commented on how it has helped me."

The teachers unanimously agreed that learning mindfulness prior to seeing it practiced in the classroom setting greatly benefitted their understanding and ability to lead mindfulness exercises with their students.

Locally, this past fall, we offered a series of trainings at Neutral Zone for staff and youth leaders. We also developed a mindfulness tool kit for their use, tapping true and tried best practice activities from mindfulness instructors across the state and nation. We hope to share this toolkit with future schools to which we deliver training.

We are happy to report that a groundswell of skilled teachers and trainers in mindfulness is bubbling up in our Michigan communities. We would more than welcome your involvement!

We are happy to report that a groundswell of skilled teachers and trainers in mindfulness is bubbling up in our Michigan communities. We would more than welcome your involvement! Consider attending our events or let us know of your interest at info@mc4me.org. With the transformative work of mindfulness, we are making schools better places to learn, work, and send our children. It's an exciting time to be part of the mindfulness movement—please join us!

Mary Spence, PhD is a Clinical and Educational Psychologist, with over 30 years in both mental health and education. She is dedicated to making schools better places to learn, work, and send our children to by using creativity, movement, play, and mindfulness practices as cornerstones to existing social emotional learning (SEL) programs. She is currently working in Ann Arbor Public Schools as a school psychologist and maintains a private practice based in Howell, Michigan. She can be reached at mspence111@gmail.com.



Conscious Parenting



Mindfulness for Little Ones

by Grace Helms Kotre, MSW

Imagine a group of four-year-olds sitting cross-legged on the floor, eyes closed, listening intently to the sound of a chime. As the ringing stops, the children’s hands rise from their laps and settle on their bellies. They breathe in... and then out. When their eyes open, they share how they’re feeling. “Calm.” “Tired.” “Hungry!”

This is how my preschool mindfulness classes begin. While it may be hard to imagine, kids as young as three can become mindfulness practitioners! Basic mindfulness skills taught at an early age can help young children to stay healthy and balanced as they grow.

While it may be hard to imagine, kids as young as three can become mindfulness practitioners!

Mindfulness is the practice of bringing attention to our present-moment experiences, on purpose, and with kindness and curiosity. The formal practice of mindfulness is called “mindfulness meditation” and involves focusing on particular aspects of our experience (typically sound, body, or breath). This formal practice is like strength-training for the mind, enhancing our awareness so that we can more skillfully respond to all that’s happening within and around us.

The informal practice of mindfulness is simply bringing present-moment attention into what we’re already doing – walking, sitting, tasting, seeing, talking, and listening. While mindfulness classes for adults place greater focus on formal practice and involve longer periods of meditation, classes for young children do the opposite. Developmentally, it’s only appropriate for young children to practice very brief periods of meditation. They may sit in “mindful bodies” and focus on sound or breath for up to one minute, but most of class time is devoted to playful experimentation with informal mindfulness – bringing mindfulness into all the things we do every day.

I am often asked, “Aren’t young kids already mindful?!” And it’s true that young children tend to be naturally curious and present-focused. But at a time when their brains are rapidly developing, mindfulness can help young children to build particular skills that support healthy development.

...at a time when their brains are rapidly developing, mindfulness can help young children to build particular skills that support healthy development.

Researcher Lisa Flook of the University of Wisconsin Center for Healthy Minds demonstrated some of these benefits through her Mindfulness-Based Kindness Curriculum, a 12-week program for preschool-age children. The lessons focused on using mindfulness to promote self-awareness and empathy. Children in the program experienced lasting benefits including improved social competence, academic performance, mental flexibility, health, and self-regulation. (The Kindness Curriculum is available for free in both English and Spanish.) Although more research is needed to verify the benefits of mindfulness for youth, this and other studies show promising results.

And the movement is growing! There are increasing opportunities for parents and educators to share mindfulness with their preschoolers. This year, the Second Annual Preschool Mindfulness Summit brought together experts in the field to share best practices with an international audience; there is a proliferation of mindfulness-themed picture books now available; and preschools are starting to incorporate mindfulness into their programs (check out The Cove School in Seattle and The U School of Ann Arbor).

There are increasing opportunities for parents and educators to share mindfulness with their preschoolers.

So, what are the keys to sharing mindfulness with young children? If you are a parent, caregiver, or educator, how can you incorporate mindfulness into your preschooler’s daily routine?

Mindful Activity Suggestions: Developmentally appropriate mindfulness for this age incorporates play, sensory experiences, stories, music, movement, and crafts. Here are some example activities for introducing mindfulness to your little one.

- **Belly Buddy Breathing** (promotes emotional regulation and attention) – Lying down, place a “buddy” (lovey) on your child’s belly. For one minute, notice the buddy moving up and down with the breath, “rocking it to sleep.” This is a great calming activity for before bedtime.
- **Mindful Bodies Freeze Dance** (promotes awareness of body and breath) – Playing music your child likes, dance together when the music is on. When the music turns off: stop, stand tall, and place one hand on your chest and



one hand on your belly, noticing the pace of the heart and the breath. Share what you notice! Then, turn the music back on and repeat.

- **Good Things Jar** (promotes positivity and appreciation) – Find a jar and a bag of cotton balls (or other small items). The cotton balls symbolize “good things” in your life. Take turns naming one good thing and adding a cotton ball to the jar. Notice how full the jar becomes and reflect on how it feels to consider your many good things!

Developmentally appropriate mindfulness for this age incorporates play, sensory experiences, stories, music, movement, and crafts.

Everyday Mindful Moments: If you can’t find the time to do structured mindfulness activities, you can integrate mindfulness into your everyday moments together with the following kinds of practices.

- **Notice & Name Emotions** (promotes emotional regulation and self-awareness) – When your child is upset (or when you are), name the emotions you’re feeling out loud. Share *where* you feel the emotions in your body. Invite your child to do the same.
- **Three Mindful Breaths** (promotes awareness of breath and emotional regulation) – Take three mindful breaths together at the same time every day to develop the habit. Simply place your hand on your own belly and take a few intentional breaths. Invite your child to do the same. Reflect on how you feel afterward.
- **Kind Wishes** (promotes empathy) – When we have challenging experiences or encounter others who are suffering (i.e. the sadness of a friend, illness of a loved one, or an ambulance siren passing by), we can share kind wishes. “I wish for me/them to be safe. I wish for me/them to be healthy. I wish for me/them to be happy. I wish for me/them to be loved.” Notice how it feels to share kindness with yourself and others this way.

While bringing mindfulness practices into the lives of young children can be a very helpful and rewarding experience, not all children are going to be interested! Mindfulness should never be forced or used as a disciplinary strategy. If your child is resistant, try getting creative. Some children will love taking their quiet belly breaths, and others will prefer mindful movement activities. Let your child’s interests determine which practices you do so that mindfulness becomes an enjoyable daily activity.

If you can't find the time to do structured mindfulness activities, you can integrate mindfulness into your everyday moments together.

Finally, for all of these mindfulness activities and practices, your own engagement matters! Studies have shown that when parents and teachers practice mindfulness themselves, children benefit. And, of course, children at this age model their caregivers’ behaviors. Developing your own mindfulness practice can be a source of health and wellness for both you and your young child.

Grace Helms Kotre, MSW, is a Certified Mindfulness Instructor and the founder of Power to Be, LLC. She shares mindfulness as a tool for empowerment with youth and adults in schools, organizations, and businesses. Grace has been practicing mindfulness and meditation since 2009 and has additional training in mindful parenting, non-violent communication, trauma-informed outreach, and mindfulness for social justice. You can reach her at grace@mindfulpowertobe.com or visit www.mindfulpowertobe.com.



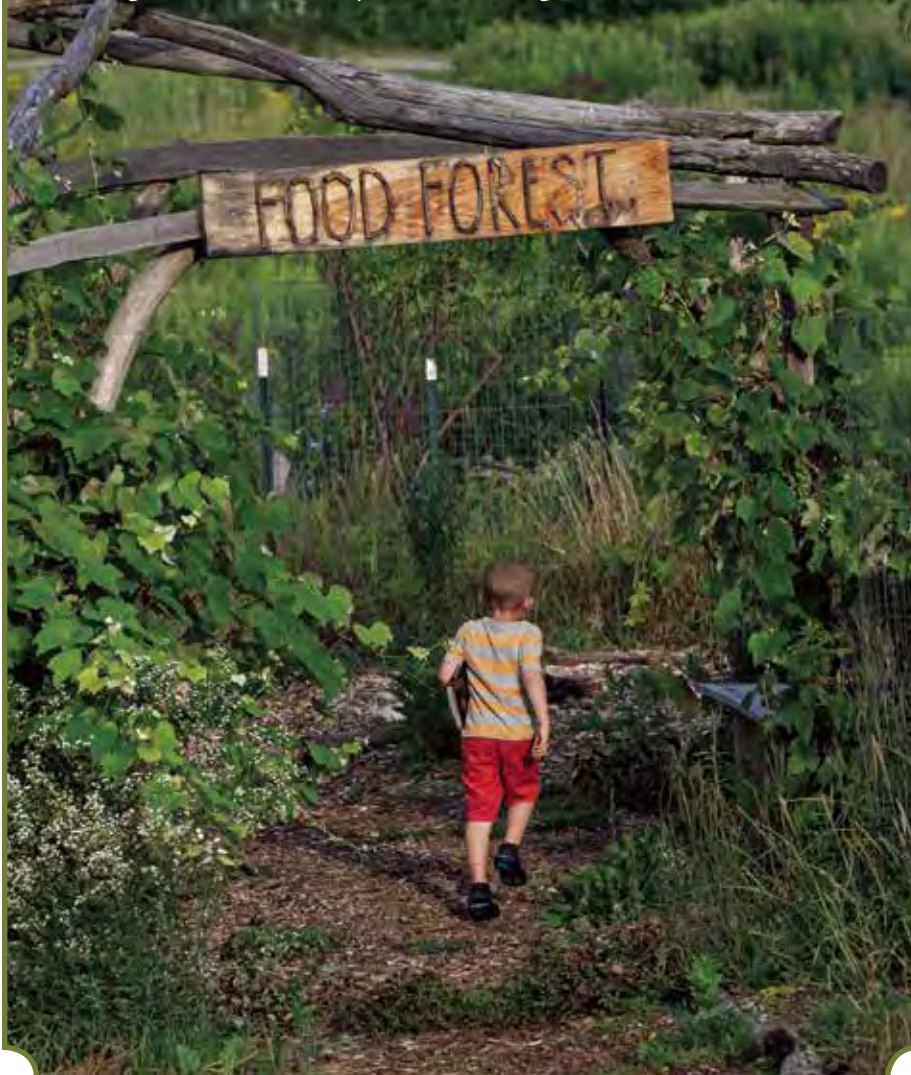
CONNECTING CHILDREN WITH THE NATURAL WORLD

The Ann Arbor Forest School

By Vicki Schmitz

It was a beautiful, sunny January day as I pulled into the park. Hopping out of my Jeep and stepping onto the little trail leading into the woods, I followed the tinkling laughter of small children playing in the distance. A short walk up the hill and I was there. A tall, smiling woman with a little girl on her hip, Tara Habeck, stood next to a tipi constructed of branches and sticks; they were surrounded by half a dozen tiny children playing in and around the makeshift structure. Another woman, Catherine Fritz, sat on a log with a bucket full of gardening gloves and tools, her gaze watchful and soft as she focused on a little boy playing next to her gently poking the ground with a stick. The women waved as I approached, inviting me to join them. A couple of parents—there to drop their little ones off for the day—smiled and nodded in greeting as several of the children ran over to inspect me.

This patch of wooded heaven situated in the heart of Ann Arbor's County Farm Park, is part of their year-round classroom...



This patch of wooded heaven situated in the heart of Ann Arbor's County Farm Park is part of their year-round classroom, and for the children and teachers of the Ann Arbor Forest School, their day was just getting started. We soon gathered around the log with Fritz, the school's Program Director, her beautiful, clear voice leading us in

songs of welcome and about nature, and then we shared stories about what we did over the holiday vacation.

Then, collecting our personal belongings (plus the bucket of gardening tools), we headed down one of the park's beautifully maintained trails, stopping along the way for a snack and some exploration as we unhurriedly worked our way toward the community gardens. As part of the curriculum, the school has a plot where the children will learn how to cultivate and grow a garden filled with vegetables and herbs.



The concept of today's forest schools originated in Denmark in 1950 and was inspired—at least in part—by the Waldorf-Steiner model of child-led learning, a pedagogy that was developed to foster and cultivate creativity and intellectual curiosity. Children who attended Forest Kindergartens emerged with stronger social skills, higher self-esteem, and worked more effectively in group activities. The children were confident and behavioral problems were fewer. It soon became a permanent addition to Denmark's early childhood curriculum.

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Not long after Denmark discovered the value of educating children outdoors, Sweden's "Skogsmulle" concept was developed, a similar educational model that taught children about nature, water, mountains, and ecology. The outcomes were measurable and overwhelmingly positive, making nature and forest schools popular with teachers, children, and parents. Over the next several years, the idea steadily gained traction. The success of outdoor learning models sparked interest in educators, and the practice soon spread to other areas throughout Europe.

By the 1990s forest schooling reached the United Kingdom, the first one opening in 1994. Rapid growth and study into the benefits of nature-based education led to the development of the UK Model, a separate and distinct version of forest education, and to the formation of several special interest groups and organizations. The movement quickly gained traction and blossomed, garnering support from businesses and nonprofits throughout the UK and spreading to Canada in the early 2000s.

Although the concept reached the United States around the same time as it had Canada, it wasn't until 2008 that the first forest school in the U.S. opened. Located on five acres of Washington's Vashon Island in the Puget Sound, CedarSong Nature School, is based on the German model and conducted entirely outdoors.

While growth was slow at first, nature-based educational programs are picking up steam, and forest education is now enjoying steady growth in the U.S. When the Ann Arbor Forest School opened its doors in 2012, it was one of fewer than a dozen nature-based educational programs in the U.S. Today there are approximately 100 schools of its kind operating throughout the country.

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The Ann Arbor Forest School

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A NEED FOR CHANGE

Throughout the last century our society has become more focused on study and less on play; children now spend roughly only seven percent of their time outdoors. Recess time in most elementary schools has diminished considerably as schools have prioritized test outcomes over play; students in middle and high school grades spend almost the entirety of their day inside, seated. Developmental delays and medical diagnoses relating to sensory integration, cognition, and self-regulation—the number one predictor of future success—have risen over the past few decades, now affecting one in five children; the depression and suicide rates among teens and preteens has also gone up. And of course, technological advances in virtual gaming and social media contribute heavily to the growing disconnect between humans and nature. This disconnect is what Tara and Catherine hope to help eliminate through their educational programs.

Health benefits of being outdoors in a natural setting have been studied extensively over the past several years, and there’s an ever-growing body of evidence that it has a host of positive therapeutic and cognitive effects. Being in nature not only offers the opportunity for connection to the natural world and a better understanding of our place in it, it also stimulates all of the senses, improves cognition, helps to build stronger immune systems, increases resilience, and soothes the central nervous system, reducing stress. And this is merely the tip of the iceberg.

Recess time in most elementary schools has diminished considerably as schools have prioritized test outcomes over play.



Outdoor educational programming supports the development of skills that help create confident problem solvers, critical thinkers, better observers, and innovators through creative play, teamwork, and hands-on interaction with the world around them. It invites curiosity and rewards this quality with interactive learning experiences that an indoor classroom cannot compete with.

Habeck, Founding Director of the Ann Arbor Forest School, says much of the inspiration to open the school came in the form of friend and mentor Jeannine Palms, whose nature-based preschool, Blossom Home, has been reconnecting children with nature for more than 25 years. The rest, she says, began with her studies long ago.

“For the last two decades I have been curious why some people enjoy decades of success and fulfillment while others struggle their whole lives. This question, what differentiates adults who thrive in their family lives and careers from those who fail to thrive, began with my psychology studies at the University of Michigan. A few years after graduating from the University of Michigan, I began to realize what a formative role our early childhood experiences have on our lives.”



After graduating college with degrees in Psychology and Spanish, Habeck taught English abroad for six years. In that time, she traveled the world gaining valuable life experience while simultaneously looking for direction and purpose in her life. On a trip home to Michigan to visit her sister, she took a temporary gig working with children. It was around this time that she met and began working with Jeannine. Tara quickly realized that she loved what she was doing and even more importantly to her, she felt like she was making a difference in people’s lives. It wasn’t long after recognizing she’d found her path that Jeannine offered to mentor her.

Over the next few years, Habeck’s curiosity drove her to learn as much as she could about how our experiences as children shape us into the adults that we become. Earning her degree in childcare from Washtenaw Community College, she then went on to study Nonviolent Communication, a method of compassionate communication often used in schools and professional settings to solve conflict with empathy and understanding. She also studied permaculture design for educators, attended a program through Tom Brown’s Tracker School to study how Native Americans teach their children, and became a certified Simplicity Parenting Family Life Coach, having trained with international author Kim John Payne.

Through her personal experiences and studies, Habeck understands how valuable a nature-based education is to social and emotional development. Her desire to help children become successful, happy adults is what led her to open one of the first forest schools in the United States.

Outdoor educational programming supports the development of skills that help create confident problem solvers, critical thinkers, better observers, and innovators through creative play, teamwork, and hands-on interaction with the world around them.

Fritz, whose vibrant energy is the perfect complement to Habeck’s calm demeanor, is a lifelong outdoor enthusiast who teaches outdoor skills in addition to working at the Forest School. A graduate of the University of Michigan with degrees in German and Arts and Ideas in the Humanities, she has spent much of her life working with children of all ages. Fritz’s experience in youth advocacy programs, theatre, and music also help fulfill the school’s mission of offering a well-rounded educational experience to their students. She says she finds young children a joy to work with, and it’s evident; she wears her enthusiasm and dedication to the children on her sleeve as she excitedly talks about the work they are doing and her hopes for the future of the school.

When asked what they loved most about their job, both Haberck and Fritz are in full agreement. “The relationships,” Habeck says as Fritz nods emphatically. “The relationships developed at Forest School are strong and they are sweet.” Habeck notes that the experience serves to help create strong bonds between the children as peers, with their parents, and with their teachers. Those bonds were evident as I watch the way the children play together and in the gentle, loving, and respectful way that these two pioneering teachers interact with them. And as Fritz and Habeck both point out, being outside connects us to ourselves as well.

After spending six years at their original location next door to Blossom Home and adjacent to Buhr Park, the school relocated in summer of 2018 to a larger site situated on the edge of County Farm Park. The move enabled the children and teachers to expand their “classroom,” which now encompasses 127 forested acres filled with rolling meadows, shaded woodlands, and a wide variety of trees and animals to discover and learn about. The new location provides a host of new and exciting opportunities for learning and exploration, offering several miles of trails, expansive fields, a meadow, picnic and playground facilities, gardens (including a pollinator garden), and nature programs led by park naturalists.



Habeck and Fritz are excited about the new location’s potential, including the ability to double their capacity from six children to twelve, but they also know it will come with some adjustments. With an increase in enrollment and an ideal teacher to child ratio of 1:5, they’ve recently added a new teacher, Nuloa Akimbe. Searching for another teacher to join their staff was not easy given the unique nature of the school, according to Habeck.

“I am so grateful to be working with Catherine, but it was a long road to her. Finding and retaining talent for forest school teachers presents unique challenges. Being a Forest School teacher requires a high skill level (botany, environmental stewardship, setting warm firm boundaries with children, developmentally appropriate adult child interaction, ensure safety, weather, outdoor gear/clothing, teach academics in a classroom without walls, emotional maturity and clear communication, adaptable to a dynamic environment, manage group dynamics, and enjoy being outside in Michigan weather (i.e. January and July), etc.). The learning curve is long and the work is labor intensive.”

The new part-time teacher, Akimbe, is a bonafide city girl from Miami with a background in African American Studies and Social Justice. Akimbe discovered the beauty and peace that nature offers as a young adult, when she entered college in the Berkshires. “College in the Berkshires changed how I experience nature. Even though I spent a lot of time outside at the beach growing up in Miami, it wasn’t until college that I realized nature had mostly been background noise to me. For the first time, it had become a distinct presence. It totally shifted my perspective.”



Forest schools are still fairly new to the US, so training programs are sparse and often expensive. As the Ann Arbor Forest School looks toward the future and plans ahead, they hope to actively collaborate with community partners. Eventually, they would like to scale up, becoming an outdoor education center. In that capacity, Fritz notes, “We will [be able to] serve a broader age range and offer more diverse programming.”

The future looks bright for this small but mighty school nestled under the canopy of a forest waiting to be explored.

Play-based and conducted entirely outdoors except in severe weather, The Ann Arbor Forest School offers young children the unique opportunity to explore the world around them while learning and growing through projects and stewardship. For more information about the school or how you can be a community collaborator, visit their web site at www.annarborforestschool.com, send them an email at tara@annarborforestschool.com, or give them a call at 734-210-1319.

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CRAZY WISDOM KIDS

**An ongoing section of
The Crazy Wisdom Community Journal**

Articles, calendar listings, advertisements, music and book reviews, and other features... focused on raising conscious and spirited kids...

Mindful Parenting

Good Eating Habits

the Healthy Household

Dads
and Babies

Yoga and Kids

Mothers and Daughters

Eco-friendly family living

(If you like our CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

The Crazy Wisdom Community Journal

Events Calendar for Kids • May through August 2019

New, Fun, and Just Plain Cool Things to do!

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Our Calendar Editor's Picks of cool things to do!

Mother's Day Wildflower Hike with Leslie Science and Nature Center • Sunday, May 12

Fireside Fun - A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Sunday, June 16, July 21, Aug. 11

Having Fun with Crystals for Kids with Jennifer Vanderwal • Sunday, Aug. 4, 11

Ann Arbor Forest School Weekly Open House with Tara Habeck • Tuesdays

Mermaid and Merman Classes • Tuesdays, Thursdays, Saturdays



Mother's Day Tea with the Fairies at Crazy Wisdom • Sunday, May 12, 1 p.m. seating only. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. \$11. Contact Stevie at stevie@crazywisdom.net.

Kabbalah for Children with Karen Greenberg • Monthly on Sunday, beginning May 5, 2:30-4:30 p.m. • Utilizing multi-sensory input and experiential learning, we build self-esteem of awake and spiritually evolved children. We aid in integrating organizational skills, in navigating through low-vibrational emotions, and in discovering and fostering their genius, so that they can fulfill their mission of installing a healthy, interdependent, functional planet for the prophecy of the "Thousand Years of Peace". \$50/session. Contact Karen at 734-417-9511; krngrnbg@gmail.com or clair-ascension.com.

2019 Parent Cooperative Preschools International Annual Meeting • Thursday-Sunday, May 9-12 • Meeting will be based at the Michigan League, and events will include a progressive dinner at several local cooperative preschools as well as an awards lunch to celebrate those who go above and beyond to keep cooperative education viable and rewarding locally and globally. \$104. Contact Meg at 665-2282; megkennedysaw@comcast.net or preschools.coop/join-us-index/.

Mommy and Me Puddle Adventure with Paint and Pour • Saturday, May 11, 3-5 p.m. • For this special family class, kids and adults paint together to complete a special one of a kind keepsake painting! Mama Duck will be waiting on a 16x20 canvas (for the adults) and all her little ones will follow along on 11x14 canvases (for the kids)! There is no limit to the number of little ones that can follow. \$30/mama duck. \$20/duckling. Contact Paint and Pour at 720-9777; info@thepaintandpour.com or thepaintandpour.com/event/mommy-me-puddle-adventure-may-11th-3-5-pm-ages-5/.

Mother's Day Wildflower Hike with Leslie Science and Nature Center • Sunday, May 12, 1-2:30 p.m. • Treat the mothers and mother figures in your life to a guided wildflower hike through Black Pond Woods and the LSNC grounds, or take the hike yourself in their honor. We'll find lovely blooms popping up through the grass or sprouting on the forest floor. Enjoy a short presentation on local wildflowers and then get outside to see what is blooming here at LSNC. During the presentation and hike, participants will learn basic plant identification skills using field guides as well as some of the fascinating folklore surrounding some of these plants. Enjoy a tea time of ice-cold lemonade or iced tea and granola bars in the garden before you head home. Preregistration required. \$5/person. Mothers are free. Contact Susan at 709-0407; info@lesliesnc.org or lesliesnc.org.

Taste of Ann Arbor • Sunday, June 2, 11 a.m.-5 p.m. • Come try bite-sized tastes of Ann Arbor's local restaurants on Main Street between William and Washington. \$1-4/food item. Contact mainstreetannarbor.org/taste-of-ann-arbor.

Fireside Fun - A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Sunday, June 16, July 21, Aug. 11, 6:30-8 p.m. •

There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows, and swapping stories. One Sunday a month, we'll be stoking the fires here at LSNC. Bring your family, friends, camp chairs, outdoor games, and s'mores fixings. We'll provide a blazing campfire and plenty of marshmallows. This event is rain or shine (except thunderstorms), so come dressed for the weather. Free. Contact Susan at 997-1553; info@lesliesnc.org or lesliesnc.org.

Summer Peace Camp • Aug. 2-7 • Tent camping for families and children of all ages. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation, and appreciation for animals and plants, all while seeking to balance structure and spontaneity. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

Having Fun with Crystals for Kids with Jennifer Vanderwal • Sunday, Aug. 4, 11 a.m.-1 p.m. • Kids love stones and enjoy hands-on learning about various minerals, their properties, how to use crystals, and how to build crystal healing arrays. Possible arrays include: indigo array, knowledge, stress/panic attacks, confidence, protection, contacting guides, the highest self, love, healing, and dreams. All ages welcome and each child receives a free tumbled crystal. \$33. Contact Pat at 416-5200; bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Annual Backyard Campout with Leslie Science and Nature Center • Saturday-Sunday, Aug. 17-18 • Pitch your tent with our resident raptors and critters. Participate in nature programs, hikes, campfires, and much more at our annual campout event. After you set up your tent, enjoy a bring-your-own dinner at your leisure and then enjoy games and activities for the whole family. Continental breakfast (and coffee) is provided Sunday morning. Minimum of one adult per family is required. \$55/non-members. \$45/LSNC members. Contact Susan at 997-1553; info@lesliesnc.org or lesliesnc.org.

Nature Storytime with Leslie Science and Nature Center • Most Wednesdays, 10-11 a.m. • Explore and appreciate the outdoors with activities such as live animal visits, hikes, stories, and hands-on activities. Each session includes indoor and outdoor activities. Aimed at children 2-5 years old. \$5/child, non-members, \$4/members, adults free. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • This class invites kids to learn about themselves and introduces them to skills that can bring a lifetime of happiness. It covers the slow tai chi form, playful pushing hands, and meditation techniques to use at home or school. Open to children ages 5-17. \$21/drop-in or \$70/month. Contact Joseph at 531-8796; info@sunshen.org or sunshen.org.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 p.m. • Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals — proceeds help the homeless animals in our community. Ages 12+. \$10. Tenth class is free. Contact Karen at 661-3530; tinylions@hshv.org or tinylions.org.

Ann Arbor Forest School Weekly Open House with Tara Habeck • Tuesdays, 9:30-10:30 a.m. • Join us at the Medford Pavillion of the County Farm Park for our morning circle time. We will sing songs, share gratitudes, and explore the beauty of our natural surroundings with a short wander. This weekly Open House is a great opportunity for families of young children who are considering their preschool options to get to know our school culture, be immersed in nature, and ask questions of the teachers. Free. Contact Tara at 546-3551; tara@annarborforestschool.com or annarborforestschool.com.

The Little Scientists Club at the Ann Arbor Hands on Museum • Tuesdays and Saturdays, 10:30 a.m. • The Ann Arbor Hands-on Museum offers The Little Scientists Club for toddlers and preschoolers. Each week has a different theme. Contact aahom.org/experience/event-calendar.

Mermaid and Merman Classes • Tuesdays, Thursdays, 4-7 p.m.; Saturdays, 9:30 a.m.-1:30 p.m. • Ann Arbor Parks Swim Classes held at Mack Pool. \$15/residents. \$18/non-residents. Contact Ann Arbor Parks at a2gov.org/departments/Parks-Recreation/parks-places/mack/Pages/default.aspx.

Parent & Toddler Art Sessions with Riverside Arts Center • Thursdays, 10-11 a.m. • Bring your kids and come create art every Thursday. For more info, contact the Arts Center at 480-2787; riversidearts.org.

Little Paws Story Time with the Humane Society of Huron Valley • Thursdays, 10:30-11:30 a.m. • If you have a toddler who loves animals, come have a pawsitively fun time with us at HSHV. Designed for children ages 2-5. \$5/child. Up to two adults per child and children under one are free. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/storytime.

Pets and Pajamas with the Humane Society of Huron Valley • Fridays, 5-9 p.m. • Parents, enjoy a night out while your kids ages 5-11 enjoy some after-hours time at the Humane Society of Huron Valley. This parent drop-off event includes an animal themed movie, vegetarian dinner, popcorn, and time with the adoptable animals. \$35/first child, \$15/each sibling. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/kids.

Family MEWvie Night with Tiny Lions • Fridays, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. \$10. Contact Karen at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.

Baby Playgroups at Ann Arbor District Library • Come to the library and hang out with other babies with 15 minutes of stories, rhymes, and songs followed by open playtime. Ages 0-2. Free. Contact AADL at 327-4200; aadl.org.

Downtown • Mondays, 10:30-11:30 a.m.

Malletts Creek • Tuesdays, 10-11 a.m.; Thursdays, 6:30-7:30 p.m. (Will be closed part of May, possibly June)

Pittsfield • Wednesdays, 11 a.m.-12 p.m.

Traverwood • Fridays, 10:30-11:30 a.m.

Westgate • Thursdays, 2-3 p.m.

Dancing Babies at Ann Arbor District Library • Come to a program full of music and motion for babies, toddlers, and preschoolers up to age 5. Free. Contact AADL at 327-4200; aadl.org.

Preschool Storytimes at Ann Arbor District Library • Stories, music, and fun for kids ages 2-5. Siblings are welcome to attend. Free. Contact AADL at 327-4200; aadl.org.

Downtown • Tuesdays, 10-10:30 a.m.; Wednesdays, 11-11:30 a.m.

Malletts Creek • Wednesdays, 10-10:30 a.m. (Will be closed part of May, possibly June)

Pittsfield • Thursdays, 7-7:30 p.m.; Fridays, 10-10:30 a.m.

Traverwood • Tuesdays, 11-11:30 a.m.; Wednesdays, 6-6:30 p.m.; Thursdays, 10-10:30 a.m.

Westgate • Mondays, 11-11:30 a.m.; Wednesdays, 1-1:30 p.m.; Fridays, 10-10:30 a.m.



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*New, Fun, and Just Plain Cool Things to do!
List your kid, tween, or teen events in the September
through December 2019 issue of the CW Journal!
The deadline for submissions for
the next issue is Monday, July 15th 2019.*



The Crazy Wisdom Calendar

A FREE GUIDE TO LOCAL CLASSES, WORKSHOPS, AND EVENTS MAY THROUGH AUGUST 2019

Calendar Edited by Melanie Baldwin

Addiction and Recovery

Teens Using Drugs: What to Know and What to Do with Ray Dalton • May 7, 14; June 4, 11, 6-7:30 p.m. • Ongoing series to help participants understand, identify, and respond helpfully to teen alcohol or other drug problems. Inclusive of families, teens, professionals, students, and others. Free. Contact 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

Relapse Prevention with Erik Anderson • Tuesday, May 21, 7:30-9 p.m. • Learn about the dynamics of substance use disorder relapse, factors that may contribute to relapse, signs that may forewarn of relapse, how to develop a relapse prevention plan and creative, effective strategies to handle both everyday and high-risk situations. Free. Contact Emily at 485-8725; edseries@dawnfarm.org or dawnfarm.org/programs/education-series.

Co-Occurring Disorders: Understanding Self-Medication and Complex Recovery with Jeremy Suttles • Tuesday, May 28, 7:30-9 p.m. • Hear an overview of what co-occurring disorders are, how they are identified, their prevalence, and the most effective methods of treatment. Emphasis will be placed on a comprehensive model of recovery that provides for emotional and physical health recovery as well as ongoing sobriety. Free. Contact Emily at 485-8725; edseries@dawnfarm.org or dawnfarm.org/programs/education-series.

Coordinating a Community Response to the Opioid Epidemic with Molly Welch Marahar and Carrie Rheingans • Tuesday, June 18, 7:30-9 p.m. • Hear a panel discussion on coordinating a community-level response to the opioid epidemic from a public health perspective, and ways for concerned individuals to get involved. Free. Contact Emily at 485-8725; edseries@dawnfarm.org or dawnfarm.org/programs/education-series.

Spirituality in Recovery: The Many Paths to Spiritual Fitness with Jerry Fouchey • Tuesday, June 25, 7:30-9 p.m. • Learn about the role of spirituality in substance use disorder recovery maintenance and in Twelve Step recovery programs. Free. Contact Emily at 485-8725; edseries@dawnfarm.org or dawnfarm.org/programs/education-series.

Refuge Recovery with Lama Nancy • Tuesdays, 7:30 p.m. • Refuge Recovery is a Buddhist-oriented path to recovery from addictions. Donations welcome. Contact Lama Nancy at lamanancy@annarborktc.org or refugerecovery.org.

Animals and Pets

PetMassage WaterWork Training Program with Jonathan Rudinger • Monday through Saturday, May 6-11, June 22-27 • Create a profoundly rewarding business: PetMassage WaterWork for Dogs. A great addition to canine rehabilitation, weight loss, conditioning, behavioral training, and palliative care programs. PetMassage WaterWork can be included with, and enhance, many veterinary post-surgical and non-surgical rehabilitation regimens. \$2,600. Contact Anastasia at (419) 475-3539; info@petmassage.com or petmassage.com.

Introduction to Animal Reiki with Dona Duke • Saturdays, June 1, July 13, 1-3:30 p.m. • Learn to treat pets and animals with the Japanese hands-on healing practice of reiki. This is a holistic approach and complementary therapy appropriate for all medical, veterinary, and behavioral-emotional care. In this class, you will acquire the skills and confidence to give Reiki to pets and animals in your home or shelter settings. \$39. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

PetMassage Foundation Level Program with Distance Learning Courses in Canine Anatomy and Business Marketing with Jonathan Rudinger • Thursday through Monday, June 27-July 1 • You will understand the roadmap to creating and marketing your canine massage business: the theory, techniques, vocabulary, culture, and vision of PetMassage. Become aware of body mechanics, learn to understand and provide for diverse canine needs, learn various complementary bodywork techniques, and understand basic dog anatomy and physiology as it applies to canine massage. Distance learning available. \$2,000. Contact Anastasia at (419) 475-3539; info@petmassage.com or petmassage.com.

Low Cost Vaccine Clinic with the Humane Society of Huron Valley • Select Saturdays, 9-11 a.m. • Healthcare for our pets is essential, but can be pricey. To help keep animals with their families and help families keep veterinary care affordable, the Humane Society offers low-cost vaccine clinics. Appointments not necessary; just bring cats in carriers and dogs on non-retractable leashes. Vaccine prices vary. Contact 662-4365; clinic@hshv.org or hshv.org/vaccineclinic.

Family MEWvie Night with Tiny Lions • Select Fridays, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. \$10. Contact Karen at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.

Art and Craft

Drawing in Color with Barbara Goodsitt • Thursdays, May 2-30, 6:30-9 p.m. • Explore various colored pencil techniques to create vivid “paintings.” You’ll learn color mixing, layering, blending, shading, creating textures, composition, and more. You may also choose to combine other mediums such as watercolors, pastels, and ink with colored pencil. \$159. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Introduction to Zentangle® with Jane Reiter • Saturdays, May 4-25, July 13-27, 10 a.m.-12:30 p.m. • Join us for a relaxing introduction to the meditative drawing practice of Zentangle®. Take a peaceful and creative break from your routine. As you draw simple abstract patterns with black pen on white paper. Feel empowered even if you don't think you can draw. \$85. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Westside Art Hop • Sunday, May 19, 10 a.m.-5 p.m. • Ann Arbor’s quirkiest Art Fair in the historic west side neighborhood. Local artists’ open homes and studios, plus up to 50 more visiting artists from near and far, housed on neighborhood porches, in homes or garages, and other local venues. High quality art and crafts from paintings and fine prints to glassware and fiber arts; from cards and small gift items to spectacular works of art. Festive atmosphere, plus great promotions with participating local businesses. Free. Contact Sophie at 757-3717; westsidearthop@gmail.com or westsidearthop.com.

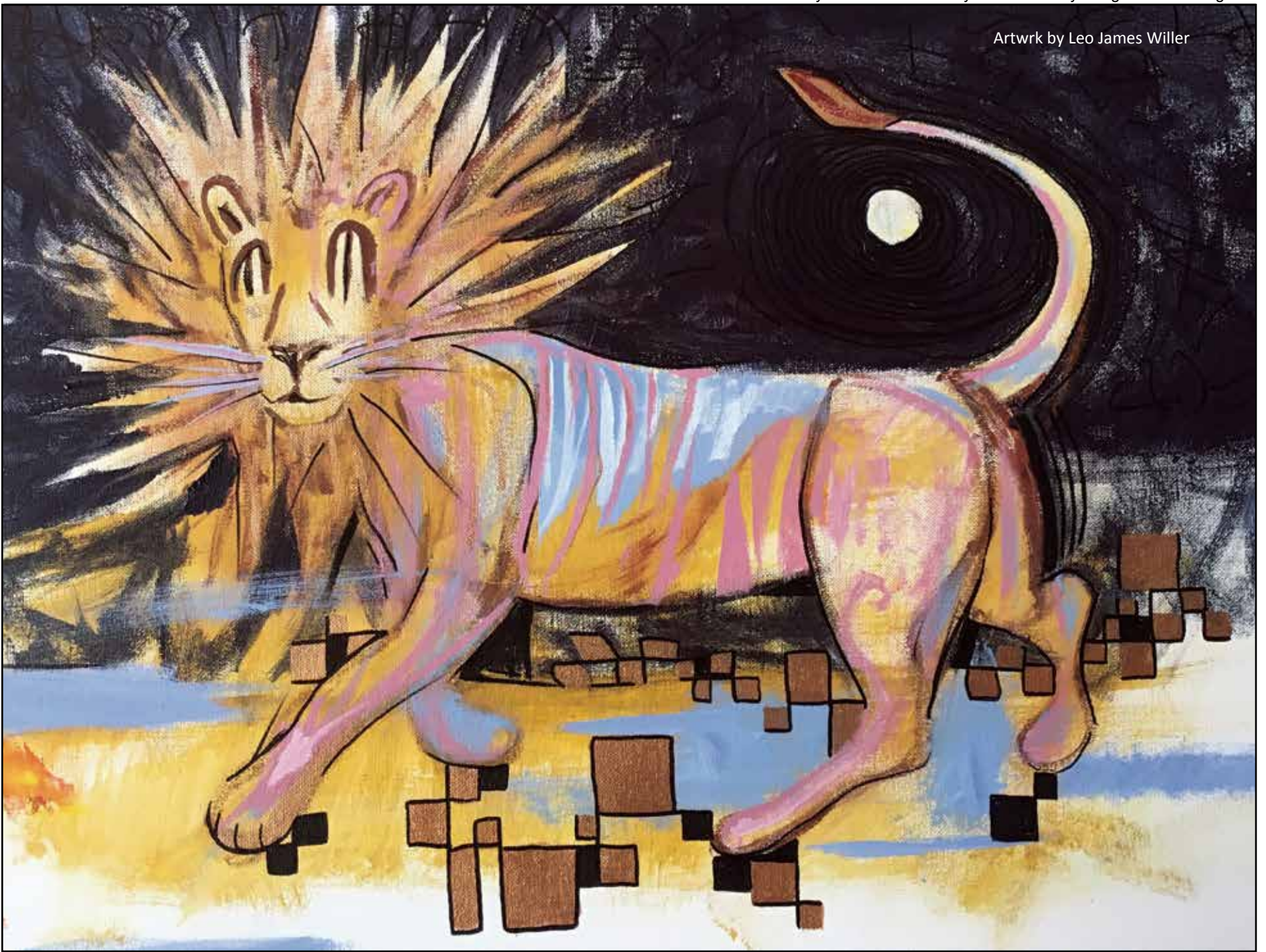
Astrology

Drop-In Astrology Readings with Alia Wesala • First and Third Wednesdays, 6-9 p.m. at Crazy Wisdom • Alia provides brief astrological consultation sessions to individuals, couples, and families. \$1.50/minute. No appointment necessary. Contact 719-0782; astrolibration@gmail.com.

Drop-in Astrology/Energy Work with Simran Harvey • First and Third Sundays, 12-3 p.m. at Crazy Wisdom • Simran offers astrological consultations with the option to energetically address issues and situations in the moment. Stand-alone astrology or energy work on offer. \$1.50/minute. No appointment necessary. Contact Simran at 255-9533; astroenergywork@gmail.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called “Background Information” and which starts on page 119.

Artwrk by Leo James Willer



THE NEMEAN LION'S NOTABLES

Our Calendar Editor's picks of some of the more interesting happenings taking place in our community.

✦ **VERAPOSE BOOK CLUB • THE LITTLE BOOK OF HYGGE WITH KATIE HOENER AND VERAPOSE YOGA • SUNDAY, JUNE 23**

(See Book Discussion Groups)

✦ **SUMMER PEACE CAMP • AUG. 2-7**

(See Buddhism)

✦ **SUMMER SOLSTICE—MULTIGENERATIONAL CELEBRATION OF THE LIGHT AND GROWTH • FRIDAY, JUNE 21**

(See Ceremonies, Celebrations, and Rituals)

✦ **HERB WALKS WITH MARY LIGHT • MAY 4, 18**

(See Herbs and Herbal Medicine)

✦ **BODYWORKS SAMPLER OPEN HOUSE • SATURDAY, MAY 18** *(See Holistic Health)*

✦ **JOURNEY THROUGH OUR ENERGY ANATOMY: THE CHAKRA SYSTEM WITH PAT AND DAVE KRAJOVIC**

• **TUESDAYS, MAY 14, JUNE 11, JULY 16, AUG 6**
(See Personal Growth)

✦ **CULTIVATING PRANIC NOURISHMENT - A SPECIAL HEALING RETREAT WITH ELITOM EL-AMIN AND NORMA GENTILE • JUNE 27-30** *(See Retreats)*

✦ **SHAMANISM AND THE SPIRITS OF NATURE WITH STEPHANIE TIGHE AND KATE DURDA • SATURDAY, JUNE 15** *(See Shamanism)*

✦ **JOY OF FORAGING - WILD EDIBLE PLANTS AND MUSHROOMS WITH DEANNE BEDNAR AND KELLY THEIDE • SUNDAY, MAY 5; SATURDAY, MAY 18**
(See Sustainability)

✦ **TAI CHI PLAYGROUND WITH KARLA GROESBECK • MONDAYS** *(See Tai Chi)*

The Crazy Wisdom Calendar

Astrology (cont.)

The Moon’s Nakshatra and Your Evolutionary Process with Julene Louis • Saturday, May 11, 1:30-4 p.m. • The Nakshatra of the Moon is very important for determining your dasa sequence, or planetary periods, of Vedic Astrology. Beyond that, it represents the starting point of your spiritual and evolutionary process. Send your birth data to Julene, julene.louis@gmail.com, before the workshop so she can bring a printout of your sequence to class. \$20/non-NCGR member; \$15/member. Contact Susan at (248) 765-3131; susan_lees@hotmail.com.

SMARTT’s Summer Luncheon • Saturday, July 13, 1-3 p.m. • Join us for a social lunch with an open discussion about astrology and astrological topics. Guests and friends are welcome to attend. Cost of lunch. Contact Susan at (248) 765-3131; susan_lees@hotmail.com.

Author Events

An Evening with Zen Chef and Author of *Tassajara Bread Book*, Edward Espe Brown, at Crazy Wisdom • Saturday, May 11, 5-7 p.m. • Author Edward Espe Brown will be giving a talk about his newest book: *The Most Important Point*. This book is a collection of timeless essays on Zen, food, and life itself. Free. Contact Samantha at (818) 681-5553; samanthas@soundstrue.com or soundstrue.com/store/the-most-important-point.html.

Bodywork

Chi Nei Tsang Abdominal Healing Therapy 1: Organs with Mary Ellen Derwis • Friday-Wednesday, Aug. 2-7 • Learn how to release knots and tangles in the abdomen and heal the internal organs through physical hands-on healing. Work is great for self-healing and is a great modality for healing in a clinical space (upon certification). No prerequisites. \$595. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Chi Nei Tsang Abdominal Healing Therapy 2: Winds with Mary Ellen Derwis • Thursday-Tuesday, Aug. 8-13 • Learn to deepen the release of inner tension in the abdominal region and balance internal energies through working with the 12 internal winds. Work is great for self-healing and is a great modality for healing in a clinical space (upon certification). This is the continuation of Therapy 1: Organs. \$595. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Chi Nei Tsang Abdominal Healing Therapy 3: Tok Sen with Mary Ellen Derwis • Thursday-Tuesday, Aug. 14-19 • Tamarind hammer and various chisels are tools used to release trauma in the tendons, assisting the body to return to homeostasis. Work is great for self-healing and is great modality for healing in a clinical space (upon certification). This is the continuation of previous coursework. \$595. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • Fridays, 7:30 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore’s diverse inventory. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Contact 665-2757; email deb@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on Meetup.com.

- May 17 • *Ageless Soul: The Lifelong Journey Toward Meaning and Joy* by Thomas Moore. Hosted by Bill Zirinsky.** Thomas Moore is the author of the best-selling *Care for the Soul*. This book strives to reveal a fresh, optimistic path toward aging. Rather than fearing the aging process, Moore has found it to be an opportunity to be embraced—one that allows a person to become more complex, fulfilled, loving, and connected. A great opportunity to discuss an inevitable process in an inspiring, perhaps thought-provoking, way.
- June 28 • *Sacred Enneagram* by Christopher Heuertz. Hosted by Deb Flint.** Christopher Heuertz has studied the enneagram for over 15 years and helps you understand the why behind your enneagram type. Help awaken your gifts, find freedom from negative patterns of behavior and grow in acceptance of your true identity through study of this interesting topic.
- July 12 • *How to Use a Crystal* by Richard Webster. Hosted by Deb Flint.** All you need is one crystal to deepen magical practice and reach goals. This book is a guide filled with rituals and spiritual activities that can be done with one crystal. Discussion will also include proper selection, cleansing, and energizing of crystals.

- Aug. 16 • *A Monk’s Guide to a Clean House and Mind* by Shoukei Matsumoto. Hosted by Deb Flint.** Housekeeping secrets from the world’s tidiest monks! In the Buddhist tradition true enlightenment is only possible when your home is tidy. Buddhist Monk Shoukei Matsumoto provides expert guidance for making a home as clean as it is tranquil. Tips on everything from cleaning the kitchen sink to the body, mind, and spirit.

Jewel Heart Readers • Tuesdays, May 14, June 11, July 9, and Aug. 13, 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. All are welcome. Free. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.org.

Verapose Book Club • *The Little Book of Hygge* with Katie Hoener and Verapose Yoga • Sunday, June 23, 2-3:30 p.m. • Join us to discuss *The Little Book of Hygge - The Danish Secret to Happy Living*. The cost of class includes a copy of the book. \$20. Contact Courtney at 726-0086; veraposeyoga@gmail.com or veraposeyoga.com.

Breathwork

Transformational Breath Experiential Evening Workshops with Julie Wolcott and Marcia Bailey • May 9, 13, 21, 29; Aug. 14, 19, 27, 7-9 p.m. • We begin the workshop with a discussion of the benefits and basics of the breath process, set intention, experience a full breath session, and end with integration. Participants may register for one or more of the three review sessions. \$30/session for a reviewer, \$40/new participants. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Amazonian/Tibetan Primordial Breathwork with Ceremonial Cacao with Roman Hanis and Cynthia Robinson • Wednesday, May 22, 6-10 p.m. • This cleansing Breathwork practice merges traditional methods from the Amazon and Tibet, reconnecting you with your vitality and awakening your body’s higher vibrational frequencies. Sliding scale cost: \$35-50. Contact Janel at (312) 771-1455; info@paititi-institute.org or paititi-institute.org.

Be happy in the moment, that’s enough.
Each moment is all we need, not more.
—Mother Teresa

Primordial Breathwork Immersion Retreat with Roman Harris and Cynthia Robinson • May 24-27 • This multidimensional breathwork merges two traditional methods from the Amazon and Tibet. The practice rekindles your original connection with the essence of vitality by awakening inherently natural, higher vibrational frequencies of your organism and helping locate and eliminate psychosomatic sources of disease, tensions, inhibitions, and repressed emotions. Sliding scale cost: \$350-500. Contact Janel at (312) 771-1455; info@paititi-institute.org or paititi-institute.org.

Breath Immersion Weekend, Transformational Breath - Level One with Julie Wolcott and Marcia Bailey • Saturday-Sunday, June 1-2, 9 a.m.-6 p.m. • This Transformational Breath Immersion weekend will include five full breathing sessions. Personal coaching throughout the weekend will invite a natural open flowing breath that will become a vehicle for transforming old suppressed negative material to more useful energies. \$425. Early-bird if paid by May 15. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Buddhism

Buddha’s Birthday • Saturday-Sunday, May 11-12 • Come celebrate the Buddha’s birthday with the Zen Buddhist Temple. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

- May 11 • Public Forum: Women in Buddhism, 3:30 p.m. • Vegetarian Buffet Extraordinaire and Entertainment, 6 p.m.** • Discussion about women in Buddhism. Then a delicious and bountiful vegetarian dinner followed by music and entertainment.
- May 12 • Meditation, 9:30 a.m. • Traditional Celebration Service, 10 a.m. • Blessing Service for Youth, 12 p.m. • Public Service with Meditation Instruction, 4 p.m. • Lotus Lantern Lighting and Chanting Service, 7:30 p.m.** • A full day of services dedicated to celebrate the Buddha with meditations,

chanting, readings, and other activities.

Tibetan Language Class with Tim Wellman • Saturday, May 11, 10 a.m.-12 p.m.

• In this continuing series, we will discuss all aspects of the Tibetan language with a focus on the sadhana practices the Ann Arbor KTC does every week. We will go through some of the texts we chant and look at the Tibetan words, how the letters are pronounced, and how the pronunciation is transliterated for our weekly practices. We will also look at the meaning of the words and how they fit together. Donations accepted. Contact Lama Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Summer Work-Study Program • May 13- Aug. 25 • During our annual Summer Work-Study Program we accept students interested in joining our practice community for a minimum of two weeks. Students participate in morning, noon, and evening meditation practice and in work practice: gardening, vegetarian meal prep, upkeep and maintenance, help with Peace Camp, cleaning, sewing meditation mats and cushions, and other duties as needed. Simple accommodations, meals, and weekly time off are provided. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

Wisdom Buddha (Majushri) Retreat with Khenpo Karma Tenkyong • Friday, June 7, 7-9 p.m.; Saturday, June 8, 10 a.m.-12 p.m., 3:30-5 p.m.; Sunday, June 9, 2-4 p.m. • Manjushri is the embodiment of the wisdom of all the Buddhas, and is very auspicious to Buddhist practice. The practice is special for all students and is ideal for those who want to enhance their inner wisdom and compassion, and awaken from the sleep of ignorance. Khenpo Karma Tenkyong will focus on "The Sadhana of Manjushri that Dispels the Darkness of Ignorance" composed by Khedrub Karma Chagme for practice and philosophy discussions. Friday session free. Weekend is \$40/session. Contact Lama Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Saga Dawa Duchen: Sojong Vows and Green Tara Tsok with Lama Nancy Burks • Sunday, June 16, 9:30 a.m.-12 p.m. • Saga Dawa Duchen is one of the four major Buddhist holidays. We will celebrate the day before the full moon by taking the Sojong vows at 9:30 a.m. and then doing the Green Tara practice including the Tsok (feast offering) at 10. Those taking the Sojong vows must have taken Refuge, whereas the Green Tara practice is open to all. Free. Contact Lama Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Liberation of Life Service • June 23, 10 a.m. • In keeping with the Buddhist Precept "Do not harm, but cherish all life," the Liberation of Life Ceremony celebrates non-human species by releasing beings held in captivity and/or destined for slaughter. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

Introduction to Meditation with Lama Nancy Burks • Saturday, July 6, 2 p.m. •

Whether you are interested in Buddhism as a spiritual path, or simply for its benefits as a way to reduce tension, stress, and gain a more positive outlook, this class will provide everything you need to start and maintain a regular sitting practice. This is a good opportunity to bring along friends and family who are curious about meditation. Donations accepted. Contact Lama Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Summer Lecture Series • July 9, 16, 23, 7:30-9 p.m. • Teachers and Training Students discuss Buddhist Life, Teachings, and Disciples. For more details, contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

Three Principles of the Path and Manjushri Empowerment with His Eminence Ling Rinpoche • July 12-14 • H. E. Ling Rinpoche will give a teaching on the Three Principles of the Path and a Manjushri Empowerment at Jewel Heart. These sessions will also be available online. \$150/non-member. \$100/Jewel Heart Member. Contact Kathy at 994-3387; programs@jewelheart.org or jewelheart.org.

Summer Peace Camp • Aug. 2-7 • Tent camping for families and children of all ages. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation, and appreciation for animals and plants, all while seeking to balance structure and spontaneity. Contact 761-6520; annarborzentemple@gmail.com

On May 1, 2019,
The Crazy Wisdom Calendar will
be available on our website:

www.crazywisdomjournal.com



INTRO/1ST MODULE BIODYNAMIC CRANIOSACRAL THERAPY

August 8-11, 2019

This intro is highly experiential. The emphasis is on developing skills, perceptual awareness and understanding the energetics of practitioner fulcrums. We will explore anatomy, embryology and BCST theory. This module is designed to be useful for anyone, whether in bodywork, energy work...or playing with life's experiences.

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WELCOME TO THE CONSCIOUS CAFE



By Odile Haber • Photography by Susan Ayer

Many of today’s cohousing communities are designed to be microcosms. Members often get together to share regularly scheduled meals and engage in social activities such as games, movies, and various projects in shared spaces. At Sunward Cohousing in Ann Arbor, gathering for fun or to share meals in the Common House is part of what defines this community.

Carla Samson, a Sunward resident, helped pioneer the creation of the Conscious Café. “When I moved into Sunward, I sent an email out to the community about a workshop I had recently attended in Costa Rica called Tribal Alliance. This workshop introduced to me a concept and strategy to navigate through community, change, and conscious evolution. This strategy was called the ‘Wheel of Co-creation.’” Carla explains this wheel as twelve sections of solutions that offers new ways of thinking and for devising solutions to our problems by incorporating the gifts of each community member. “Immediately, Mark Wagnon reached out to me and was intrigued by the wheel of co-creation, and we bonded over the work of Barbara Marx Hubbard.”

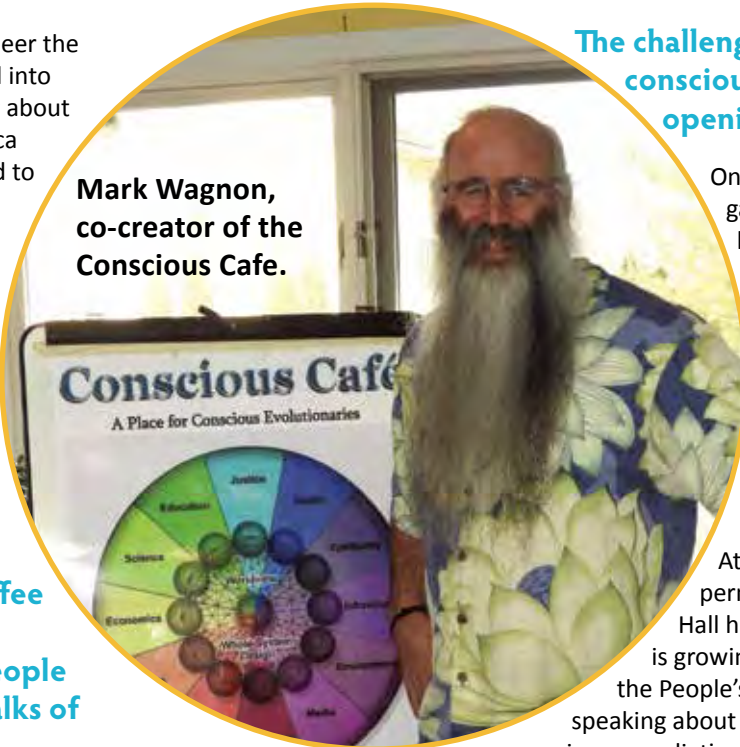
The Conscious Cafe offers good coffee and good food, books, and great conversations. Indeed it gathers people with varied interests from many walks of life and a very diverse age range.

From there, they co-created and co-facilitated a workshop in the common house. They invited other residents of Sunward and called it a “conscious café.” Their first meeting, held in February of 2016, brought together a group of 30 residents, where Carla and Mark presented to them the concept of the wheel of co-creation. While at first it was open only to members of Sunward Cohousing where Mark and Carla lived, it wasn’t long before they were inviting friends and neighbors, and then extended that invitation to members of the larger community.

Amy Feger, Terry Makar, Joleen Jackson Makar, and Derek Stottlemeyer at the Conscious Cafe.



The Conscious Cafe offers good coffee and good food, books, and great conversations. Indeed it gathers people with varied interests from many walks of life and a very diverse age range. When I entered the large room, on one side a group of people were sharing about technological advances, computer networking, new robots, new economics, and science in general. They talked about the change in consciousness that is developing according to these new tools and the possibilities they have brought into our lives in term of communication, networking, and adaptation.



The challenges we will face do require a shift in consciousness, a call to move with inspiration opening to our human potential.

On the other side of the room, a group of women is gathered around one of the many tables discussing the book, *Incantations: Songs, Spells, and Images by Mayan Women*, which focuses on the ancient wisdom of the Mayan culture. The women share their knowledge of pre-patriarchal cultures that existed in the beginning of civilization and how this knowledge can help us transition to a paradigm change. The goal is to evolve from a dominator society to a society of partnerships, which may help us bring a more nurturing vision into our emerging realities.

At a table across the room, a pod of people is focused on permaculture. Due to the diligent and persistent work David Hall has brought to this community, the permaculture group is growing. David, a Sunward resident, also teaches classes at the People’s Food Co-op and at Crazy Wisdom. On this day, he is speaking about cleaning and enriching the soil per mycelium and micro-organism remediation. David states that he finds this community inspiring and he is “looking for people to partner with” to make the collective process more of a reality. Others are joining in the discussion, each sharing their knowledge on this topic.

People do not always agree here. They discuss with passion, each bringing their point of view. They are learning as they speak, and as the discussions go on, ideas fuse and questions emerge.

At another table, the discussion is focusing on climate change. John Russell, a retired ecology teacher, is expounding his views, stating that in the light of the evolving continued disappearance of animal species, it might be too late to remediate climate changes; others disagree, saying that we have new solutions emerging every week, that we are attempting to save every species, and that life is in a constant evolutionary process itself.

People do not always agree here. They discuss with passion, each bringing their point of view. They are learning as they speak, and as the discussions go on, ideas fuse and questions emerge. Resident, Clark Reese, says he comes here for a sense of community. It’s an easy way to see his neighbors, discuss current events, and talk about today’s ecology.

Claire Maitre is happy to meet with old friends and make new ones as her grandson plays nearby. She likes to be exposed to new ideas, the synergy found with other people, and the amazing amount of love that is here. “We promote a lot of great opportunities that are in and around Ann Arbor, a crossroad of a lot of interesting people. Children are playing around, and are a vibrant part of the meeting. They link us,” she says.

Miko Fossum, creator of The Dandelion Wild Café, brings food to share or buy to the Conscious Cafe each week. It is organic and plant based and delicious, nourishing for body and soul. Her partner Mike Clarin says, “We were asked to help build capacities, attracting people to the idea of co-creation. We are working now physically on an idea of the extension of Selma Cafe (a restaurant created by Lisa Gotlieb and Jeff McCabe in their home in order to raise money for a hoop house and to support self-starters in their agricultural projects).

To be conscious is the ability to be aware of oneself and of our environment.

On the tables in the middle of the room, there are lot of books to inspire us. With them lays the Synergy Wheel, a tool to help people find balance in their lives, and someone mentions adding mentoring to the wheel. Another offering on this table, one that has crystallized many ideas in this “brave new world” is *Reinhabiting the Village: Cocreating Our Future*, by Jamaica Stevens. It defines *The Village* as the place we belong to, and is the ecosystem in which we live. It’s a book that helped us discover other organizations and people offering solutions, services, and collective endeavors.

Buckminster Fuller said, “You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.” Wagnon agrees; he believes that we need to move to a higher level of consciousness to be able to solve the problems. “Yes we need a shift,” says Mark, “from a system that is not sustainable, does not teach you evolutionary skills, into a nature based regenerative system.” Indeed, regenerative does mean growing, flowering, healing. Alan Haber, long time activist, agrees the peace system should be regenerative; he contrasts it to the war system in which we now live.

The challenges we will face do require a shift in consciousness, a call to move with inspiration, and opening to our human potential. With this in mind, it’s exciting to know that what began as a small idea only three years ago has now evolved into a growing movement: the Conscious Cafe is being cloned and has spread to other places.

To be conscious is the ability to be aware of oneself and of our environment. The Conscious Cafe is here to help us find inspiration by offering a community that we can grow in and evolve with, collectively.

We welcome you to the Conscious Cafe.

The Conscious Café meets at 424 Little Lake Drive, Ann Arbor, MI 48103, every Wednesday from 9:00am until 2:30pm. The Café is held in the common house and is open to everyone. For more information on the Café and on the Sunward community, visit their website at www.sunward.org or follow them on Facebook.com or ZenBuddhistTemple.org.



Residents and guests alike enjoy great food and wonderful conversations at the Conscious Cafe. Pictured above are Derek Stottlemeyer and Lesli Daniel.

Buddhism (cont.)

Ullambana Day Service with the Zen Buddhist Temple • Sunday, Aug. 18, 11:30 a.m. • Rites and service for the dead to wish them a rightful place among the living and release them from suffering in their next rebirth. Prior consultation appointment necessary. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

White Tara Meditation Sessions at Jewel Heart • Sundays, 9:45-10:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Sunday Services With Zen Buddhist Temple • Sundays, 10-11:30 a.m. or 4-5:30 p.m. • The morning meditation service consists of two periods of meditation followed by chanting and a talk. The afternoon dharma service has two shorter periods for sitting meditation, sometimes a walking meditation, reflection, chanting, and a short talk. Donations welcome. Contact 761-6520; annarbor@zenbuddhisttemple.org or ZenBuddhistTemple.org.

Jewel Heart Sunday Talks • Sundays, 11 a.m.-1:30 p.m. • We invite you to enjoy weekly Sunday morning talks. The first Sunday of the month will be live in Ann Arbor, given by Demo Rinpoche. Others will be classic video teachings by Gelek Rinpoche as well as other guest speakers. Followed by coffee, snacks, and conversation! Open to all. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Ann Arbor KTC Sunday Service with Lama Nancy Burks • Sundays, 11:15 a.m.-12:15 p.m. • The Three Yanas Sunday Service includes short practices of sitting meditation, compassion meditation (mind training or lojong), and mantra/visualization, along with short teachings and discussion. Instructions will be given. Donations welcome. Contact Lama Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Lam Rim: Stages of the Path with Demo Rinpoche • Mondays, May 6, 13, 20; June 3, 10, 7-8:30 p.m. • In the Lam Rim, or Stages of the Path to Enlightenment, Buddha’s teachings are presented step-by-step to allow for gradual experiential awareness and understanding of our inner and outer world. Through this process, we can transform the challenges and confusion encountered in ordinary everyday life to the extraordinary compassion and wisdom of enlightenment. Registrants can view/review sessions on demand through a personal account. \$65/non-members, \$15/session; \$120/all sessions; Jewel Heart Members are free. Contact Kathleen at 320-2720; kathy@jewelheart.org or jewelheart.org.

Ann Arbor KTC Sitting Meditation with Lama Nancy Burks • Wednesdays, 7-8:30 p.m. • Join us for a silent sitting meditation followed by a discussion. Basic meditation instruction available by request. Donations welcome. Contact Lama Nancy at lananancy@annarborktc.org or annarborktc.org.

Temple Stay/Visitor’s Program and Residential Options with the Zen Buddhist Temple • Ongoing • This program provides participants with an opportunity to spend time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedule permits. One can seriously pursue one’s spiritual path or seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Ceremonies, Celebrations, and Rituals

Food Offering Ceremony with Triple Crane Monastery • Saturday, May 4, Aug. 17, 3:30-6:30 p.m. • Traditional Chinese Buddhist practice which cultivates good karma by offering Dharma, food, salvation to all sentient beings. Contact Winnie at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

First Sundays at Evenstar’s Chalice with Mara Evenstar and Jeanne Adwani • Sunday, May 5, June 2, July 7, Aug. 4, 10-11:15 a.m. • First Sundays is an opportunity to create Sacred Space in which to commune, nurture, share, and play. Each month’s gathering will center around a theme or question. Donation. Contact Jerri at 905-7980; events@evenstarschalice.com or evenstarschalice.com.

Celebrating our Fullness with Sophia Unfolds • May 18, June 17, July 16, Aug. 15, 6:30-8:30 p.m. • We come together to celebrate our fullness as human beings, mark the rhythms of time in community, support one another on this great journey, and have a lot of creative fun. Although this container has at its base the rhythm of the moon, the energy of the Divine Feminine, and the general format of women’s circles, all genders are welcome. Donations accepted. Contact Jerri at 905-7980; events@evenstarschalice.com or evenstarschalice.com.

Summer Solstice - A Multigenerational Celebration of the Light and Growth • Friday, June 21, 6-9 p.m. • We will celebrate the longest day of the year with a potluck dinner (until 7 p.m.) followed by a bonfire around which to share thoughts, stories, and songs. Bring clothes for the weather and possible mosquitoes. Donations accepted. Please register in advance. Contact Carolyn at 475-1892; manager@mfcenter.org or mfcenter.org.



Ceremonies, Celebrations, and Rituals (cont.)

Verapose Summer Solstice: A Women’s Joyful Celebration with Verapose Yoga & Meditation House • Friday, June 21 • Join us for this special women’s celebration as we gather together to honor the sacredness of this longest day as the sun reaches the highest position in the sky. Women will gather to offer a sacred earth altar, create a floral crown, offer fire prayers and blessings, and celebrate with dance, song, drumming, and sacred instruments. Light refreshments. Bring a lawn chair for the bonfire. \$48. Contact Courtney at 726-0086; veraposeyoga@gmail.com or veraposeyoga.com.

Annual Lighthouse Picnic • Saturday, Aug. 24, 3 p.m. • Come join us at the Lighthouse Center for our annual vegan picnic. Potluck plus nature walk, Frisbee, drumming circle, and animal show from Howell Nature Center. Bring a vegan dish to pass. Vegan burgers and hotdogs provided. Contact Prachi at 645-2188; cprachi17@gmail.com.

Channeling

Aligning to a New Life with Paul Selig at Crazy Wisdom • Friday, June 21, 8 p.m. • Award winning author and celebrated channeler, Paul Selig, will lead an interactive discussion on the teachings in his latest book, *The Book of Freedom*, which shows readers how to find full expression as the Divine Self through surrender and acquiescence to the true nature of their being. Please RSVP to Crazy Wisdom. Free. Contact Noah at (917) 406-7968; noah@perabogroup.com or paulselig.com. Paul will also be teaching a workshop at The Graduate Hotel in Ann Arbor June 22-23. Details at paulseligannarbor.eventbrite.com.

Evenings with Aaron channeled by Barbara Brodsky • Wednesdays, May 8, June 12, 7-9 p.m. • Open session with Aaron and Barbara Brodsky. Aaron gives a talk followed by a Q&A session. Talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound, and Open Heart. Donation. Live streaming available. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Remembering Wholeness - Darshan with The Mother channeled by Barbara Brodsky • Sundays, May 12, June 9, 2-5 p.m. • Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness; as The Mother takes each person’s hands and looks into his/her eyes there is an interaction between the human and the divine, which focuses and draws up the consciousness of the human. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

The Gathering with Karlta Zarley • Second Tuesdays, 7-8:30 p.m. • Come join us as we hear about the state of the world from a Higher Perspective and learn how to manage it more easily. Often there is an opportunity to ask Spirit questions, or there are personal messages for the participant. Suggested donation \$10. Contact Eden at 904-0076; kzarley88@gmail.com or karltazarley.com.

Chanting

Guru Gita with Swami Atmananda Saraswati • Saturdays, 10-11 a.m. • Guru Gita devotional chant from the Skanda Purana on the esoteric significance of the guru and the guru-disciple relationship. Guests are invited to bring a small photo or murti of their guru to place on the altar during the program. Chanting books are provided. Free. Contact Swami Atmananda at 883-6947; atmananda@kashinivas.org or kashinivas.org.

Childbirth

DONA Postpartum Doula Workshop with Patty Brennan • Thursday-Sunday, May 31-June 2 • This course prepares you to provide excellent in-home care to families in the postpartum period. We will focus on breastfeeding support, babywearing basics, support strategies for depressed moms, holistic healing measures, working with families with multiples, and more. Fulfills two certification requirements for postpartum doulas through DONA International. \$635; \$575/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Mary Light moved to Ann Arbor in 2004 and opened Ann Arbor School of Massage, Herbal, and Natural Medicine five years later because of her desire to perpetuate natural medicine education. Besides having her own private practice for many years, and offering consultations, she has graduated nearly 100 Clinical Herbalists, Massage Therapists, and Naturopathic doctors. She has opened the Gaia Center for Herbal Studies, an herbal clinic staffed by Light and Apothecary interns who are students of the state licensed Herbal Studies program. Look for listings about natural medicine education and other offerings at in the Herbs and Herbal Medicine section on page 101.



Breastfeeding Basics for Doulas with Barbara Robertson • Thursday, June 20, 6-9:15 p.m. • Learn the very latest in evidence-based breastfeeding support from an expert. This class will enhance the doula's ability to assist breastfeeding mothers immediately post-birth and in the early days postpartum. Fulfills a DONA International certification requirement for doulas. \$85, \$70/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • Friday-Sunday, June 21-23 • Become a professional birth doula at Michigan's premier doula training center. Learn from doula business expert, Patty Brennan. You do not need to be a mother yourself, or have a medical background to become a doula. This training is hands-on, skill based, and fulfills two certification requirements for birth doulas through DONA International. \$550, \$497/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar for Kids section on page 90. This section is devoted to events for children and young adults along with their families.

Mother's Day Tea with the Fairies at Crazy Wisdom • Sunday, May 12, 1 p.m. seating only • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. \$11. Contact Stevie at stevie@crazywisdom.net.

Surrender to what is. Let go of what was. Have faith in what will be.

—Sonia Ricotti

Chronic Illness/Pain

Illness Support Yoga Therapy with Ema Stefanova • Saturday-Sunday, June 22-23 • Yoga therapy can effectively support people dealing with illnesses like diabetes, cancer, and heart disease. Regardless of its nature, a major illness comes with stress, which can worsen symptoms and lengthen recovery times. Caregivers and health providers can likewise benefit from the stress-reducing effects of yoga. \$199; \$179 a week in advance. Contact Ema at emastefanova@cs.com or yogaandmeditation.com.

Comedy

Om of Medicine Comedy Show • First Saturday of each Month, 9-11 p.m. • Join us for our favorite tradition! We believe laughter is nature's second best medicine. This event is free and doors open at 8:30 p.m. Complimentary snacks are provided. Free. Contact Lisa at 369-8255; lisa@omofmedicine.org or omofmedicine.org.

A Course in Miracles

A Course in Miracles Study Group with the Interfaith Center for Spiritual Growth • Mondays 6:45-8:45 p.m. • Join us as we read aloud the popular Foundation for Inner Peace metaphysical book, *A Course in Miracles*, and the Shanti Cristo companion, *The Way of Mastery*. Donations welcome. Contact Dave at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

A Course in Miracles Study Group with Randall Counts and Linda McDonough • Thursdays 12-1:30 p.m. • All are welcome to study the non-dualistic interpretation of *A Course in Miracles*. Free. Contact Linda at (479) 461-4389 or lpmcdon79@gmail.com.

Craniosacral Therapy

Introduction to Biodynamic Craniosacral Therapy with Jan Pemberton • Thursday-Friday, Aug. 8-11, 9 a.m.-5 p.m. • These four days will be a highly experiential introduction into the world of Biodynamic Craniosacral Therapy. We will work with grounding, boundaries, and other techniques to stay centered and present. All welcome. \$650. Contact Jan at 929-8039; janpemberton888@gmail.com or biodynamiccranialsacral.com.



INTUITIVE - TAROT - PALMISTRY - ASTROLOGY

No appointment needed;
Readings \$1.50 per minute

Monthly Schedule



Astrology Readings with Alia Wesala
1st and 3rd Wednesdays, 6-9 p.m.
astrolibration@gmail.com - 734.719.0782

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net

Tarot Readings with Gail Embery
1st and 3rd Fridays, 6:30-9:30 p.m.
1st and 3rd Sundays, 3-6 p.m.
ReadingswithGail.com - 313.655.7694

Astrology/Energy Healing with Simran Harvey
2nd and 4th Saturdays, 3-6 p.m.
AstroEnergyWork@gmail.com
734-222-0043 (no text)

**Ancient Priestess Readings
with Sarah Bennett**
1st and 3rd Sundays, 12-3 p.m.
810-357-8798 - sarah@deathforlove.com

Intuitive Readings with Marcella Fox
2nd Sundays, 12-3 p.m.
Call 734-717-8513



Crystals

Quartz Crystal Identification and Uses with Jennifer Vanderwal • Sunday, June 2, 11 a.m.-3 p.m. • Unlock hidden secrets in how to cleanse, charge, and program Quartz crystals. Learn about Record Keepers, Crystal Healing Arrays, and how to feel energy. Receive a free Quartz crystal. Includes guided meditation using Quartz Crystals as energy amplifiers. \$66. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Crystal Chakra Tuning with Verapose Yoga and Victoria Schon • Wednesday, July 17, 7-9 p.m. • Learn how to use crystals to tune your chakras. Includes a custom crystal chakra set to keep. \$50. Contact Courtney at 726-0086; veraposeyoga@gmail.com or veraposeyoga.com.

How to Find Inner Peace Using Crystals with Jennifer Vanderwal • Sunday, July 21, 11 a.m.-1 p.m. • Stress limits us in so many ways; it's the cause for much suffering and illness. Learn to set yourself free using crystals to enhance peaceful energies. Build a crystal array to mitigate stress and access inner calmness. A guided meditation is included as well as affirmations, aromatherapy, and feng shui. \$35. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Death and Dying

Death Café with Merilynne Rush and Diana Cramer • Third Saturdays, 10:30 a.m.-12:30 p.m. in the Crazy Wisdom Tea Room • Eat cake, drink tea, and talk about death. This event has no agenda and participants guide the conversation. This is not a grief support group, but a way to further the cultural conversation about the one thing everyone has in common. Free. Contact Merilynne at 395-9660; mrush@lifespandoulas.com or lifespandoulas.com.

End-of-Life Doula Training and Certification with Merilynne Rush and Patty Brennan • Friday-Sunday, May 17-19, Aug. 9-11, 8:30 a.m.-5 p.m. • This dynamic workshop encompasses how to provide comfort and support to the dying person and their loved ones in the final days and weeks of life. Doulas provide resources, education, and companionship for the dying and their caregivers as they fill in gaps in hospice care and medical support systems. \$610, \$550 early bird. Contact Merilynne at 395-9660; support@lifespandoulas.com or lifespandoulas.com.

Divorce Support

Cultivate Peace During and After Divorce with Melanie Fuscaldo • Wednesday, May 1, 12-1:30 p.m. • Cultivate inner peace using a process that focuses on the gifts in any situation. Find hidden blessings and move into joyful power. \$40. Contact Melanie at 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Drumming

Drummmunity Circle with Lori Fithian • Wednesdays, May 15, June 5, July 3, Aug. 21, 7 p.m. in the Crazy Wisdom Community Room • Get your hands on a drum and add your sounds and spirit to the community groove. All are welcome to join the circle. No experience necessary. Drums available. Free. Contact Lori at 426-7818; lorifithian@mac.com or drummmunity.com.

Drumming Meditation with Ool Pardi Strong Heart • Saturday, July 27, 7-9 p.m. • Riding the sacred rhythm of the drum, during this relaxation meditation, allows one to connect with the timeless wisdom and medicine available within us. Walk to the beat of your own drum. Experience a deeper sense of self awareness and contentedness that will help you discover your authentic self. \$25. Contact Prachi at 645-2188; cprachi17@gmail.com or lighthousecenterinc.org.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks, and events are listed in this Calendar, please look in the section that follows the Calendar, which is called “Background Information” and which starts on page 119.

Energy Healing

Drop-in Energy Work with Simran Harvey • First and Third Sundays, 12-3 p.m. at Crazy Wisdom • Simran offers a clearing energy called the Advanced Pulse Technique that balances aspects of the mind, body, or emotions as old issues dissolve and happiness, comfort, abundance, and freedom emerge. Surrogate work available for young children or incapacitated adults. \$1.50/minute. No appointment necessary. Contact Simran at 255-9533; astroenergywork@gmail.com.

Healing Touch Certificate Program - Course One with Barb McConnell • June 22, 28; July 20, 21; Aug. 17, 18, 8 a.m.-6:30 p.m. • Learn 12-14 basic techniques to balance and energize the human energy system and promote healing. Lecture, demo, and hand-ons. 18 CEs for nurses, massage therapists, and chaplains. \$275 plus workbook. Contact Barb at (517) 914-4133; barbmcconnell7@gmail.com.

Healing Touch Certificate Program - Course Two with Barb McConnell • May 4, 5; July 27, 28, 8 a.m.-6 p.m. • Course 1 Completion. Review Course 1 Techniques plus Back Techniques and Spiral. Emphasis on developing healing sequence for specific needs. 17.5 CEs for nurses, massage therapists, and chaplains. \$275 plus workbook. Contact Barb at (517) 914-4133; barbmcconnell7@gmail.com.

Healing Touch Certificate Program - Course Three - Advanced Healer Prep with Barb McConnell • June 22, 28; July 20, 21; Aug. 17, 18, 8 a.m.-6:30 p.m. • Completion of Courses 1 and 2. Learn to increase your energy level to facilitate deeper healing in your clients. Chelaton, lymphatic drain, and deeper back level techniques. 17.5 CEs for nurses, 16 CEs for massage therapists. \$275 plus workbook. Contact Barb at (517) 914-4133; barbmcconnell7@gmail.com.

Mindfulness is a way of befriending ourselves and our experience.

—Jon Rabat-Zinn

Exhibitions

Photography Exhibit at INAI Gallery with Scott Miller and Elaina Robinson • Daily through June 28, 8 a.m.-8 p.m. • How essential are the rhythms of silence and stillness for our wellbeing and for the health of body, mind, and soul? In the midst of a busy, and often noisy world, we seek spaces that cause us to pause, reflect, notice, and become more aware. Two photographers, Scott Miller and Elaina Robinson, have experienced those quiet moments. Each offers a unique way of seeing, using the camera to illuminate decisive moments of stillness, observation, and oneness with nature. Free. Contact Suzanne at (517) 266-4090; inaispace@adriandominicans.org or webercenter.org.

Festivals and Fairs

Friends of the Ann Arbor District Library Summer Bag Sale • July 13, 10 a.m-4 p.m.; July 14, 1-4 p.m. • Come get a bag of books! Small bags \$4, large bags \$5, IKEA bags \$10! Lots of good books ready to find their new homes. Free. Contact Rachel at 302-7774; faadldirector@gmail.com or faadl.org.

YogaFest 2019 with Song of the Morning Yoga Retreat • July 25-28 • Join us for our ninth annual YogaFest, a deeply nourishing, highly joyful, and spiritual authentic four-day celebration of spirit, nature, community, service, and all things Yoga. There is something for every sincere seeker of truth, of every age and ability. \$200/Four Day Festival Pass, includes camping. Contact Brian at (989) 983-4107; yogafest@songofthemorning.org or yogafestmi.com.

Film

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Enjoy a film followed by discussion about dharma and film. Free. Concessions available. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.org.

- **May 31 • Chicken Run (2000)** • When a cockerel flies into a chicken farm, the chickens see him as an opportunity to escape their evil owners. A great story of the bodhisattva desire to free all beings.
- **June 28 • Inside Out (2015)** • After young Riley is uprooted from her life in the Midwest and moves to San Francisco, her emotions — joy, fear, anger, disgust, and sadness — collide as she navigates her new circumstances.

- **July 26 • *Stargate (1994)* •** The plot centers on the premise of a stargate, an ancient ring-shaped device, that creates a wormhole enabling travel to a similar device elsewhere in the universe.
- **Aug. 23 • *Astral City (2011)* •** Portuguese with English subtitles. A successful doctor experiences an enlightening spiritual awakening after his death. The film tackles many of the issues that people ask about life, death, and the next world.

Fundraisers

Mayfly with the Leslie Science and Nature Center • Thursday, May 30, 5:30 p.m.
• Mayfly welcomes members of our community to come together supporting our mission of educating and inspiring children and adults to discover, understand, and respect their natural environment. Last year, thanks in large part to funds raised at Mayfly, we served over 60,000 people through our on-site and off-site programs and reached students and families in nine counties in Southeastern Michigan. Join us for this upscale evening to savor delicious food, drinks, and the wonderful evening air in our beautiful outdoor setting. \$125/ticket. \$1000/table. Contact Susan at 997-1553; info@lesliesnc.org or lesliesnc.org.

Healing

D.O.V.E (Divine Original Vibration Embodiment) Workshop with Karen Greenberg • Fridays, May 3, 10, 17; or June 7, 14, 21; or July 12, 19, 26; or Aug. 9, 16, 30, 10 a.m.-4 p.m. • Learn to identify and repattern your client's limiting beliefs, thoughts, and attitudes. Assist your client in expressing any commensurate low-vibrational emotions using multiple methods. If Fridays do not work for you, special arrangements can be made. \$777+materials/three-class session. Contact Karen at 417-9511; krngnbg@gmail.com or clair-ascension.com.

Yoga Healing for Every Body with Ema Stefanova • May 25-26 • Satyananda is like no other yoga - its objective is healing and in skilled hands a lot can be accomplished over a weekend. Some gentle movement, practical meditation, and prana vidya will be taught. All levels and abilities welcome. \$199; \$179/early. Contact Ema at emastefanova@cs.com or yogaandmeditation.com.

Deep Healing Qigong Form with Steven Sy • Aug. 14-19 • This is a an in-depth qigong form that uses cosmic power and high-level spiritual technology to maximize healing potential on both physical and emotional levels. In this class, the main tool will be the Deep Healing Qigong Form, but the class will also be supplemented with crystal bowl healing, addressing personal healing issues, and qigong meditation techniques. \$595. Contact Steven at (517) 295-3477; steven@spiritualtaoworkshops.com or spiritualtaoworkshops.com.

Healing Night with the Lighthouse Center • Second Thursdays, 7:30-9 p.m. • Meditation followed by Reiki healing. Love offering. Contact Prachi at 417-5804; prachi17@gmail.com or lighthousecenterinc.org.

The Weekly Word for Healing and Ascension Blog with Eve Wilson • Fridays • Practical and spiritual support for riding the waves of change on planet Earth with skill. The latest information and tools for responding effectively and finding joy, ease, and confidence in the process — a hopeful way to finish your week. Free. Contact Eve at 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Herbs and Herbal Medicine

Herb Walks with Mary Light • May 4, 18, 9:45 a.m. • Field ID is a time-honored way to learn about herbs, their names, habitat, harvesting wisdom, and therapeutic qualities. Join our class in progress and bring a Peterson Field ID for wildflowers if you have one. About an hour and a half outside, gentle walking with stops. \$20. Contact the Gaia Center for Herbal Studies at 769-7794; nshaassociates@gmail.com or gaiaherbalstudies.net.

Herbal and Natural Medicine Open House with the Center for Holistic Living • Saturdays, May 11, June 15, July 20, Aug 10, 11 a.m.-3 p.m. • Come visit our herbal apothecary and healing arts studio space, ask questions, receive free advice, herb sales, info on programs and classes. Free. Contact Mary at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Holistic Health

Ayurveda: The Wisdom of Life with Dr. Kapila Castoldi at Crazy Wisdom • Sundays, May 5, 12, 19, 3-5 p.m. • Introduction to Ayurveda series. The ancient science of Ayurveda offers a large body of wisdom designed to help people understand how to stay healthy. The series focuses on understanding our unique mind-body type, living in tune with our true nature, and achieving the mind-body balance that brings about harmony and happiness in life. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Award-winning author and celebrated channeler Paul Selig will lead an interactive discussion on the teachings in his latest book, *The Book of Freedom*, which shows readers how to find full expression as the Divine Self through surrender and acquiescence to the true nature of their being.

PAUL SELIG

FREE TALK AND Q&A
CRAZY WISDOM BOOKSTORE
ANN ARBOR, MICHIGAN

FRIDAY, JUNE 21ST AT 8:00 PM

RSVP: <http://bit.ly/crazy-wisdom>

Seating is limited reserve your spot early!
Once we reach capacity, we will close the RSVP list.



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For more information:
RashmiMeditation.com
734-929-5554
rashmimeditation@gmail.com

Introduction to Pal Dan Gum Qigong with Antonio Sieira • Wednesdays, May 8, July 10, 10-11:30 a.m.; June 12, Aug. 14, 6-7:30 p.m. • Learn the eight silken movements used for thousands of years to promote radiant health and cure diseases. A moving meditation where the body learns to move in a mindful and graceful way that releases stress, clears the mind, and re-energizes the body. Private lessons available by appointment. \$40/two-hour session. \$20/one-hour session after two two-hour sessions. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Windows into Wellness: Simplifying Self-Care with Robin Goldberg • May 8, 6-8:30 p.m. • Begin spring on the right foot with simple lifestyle strategies for staying healthy and managing personal and professional sources of stress. Trace the links between physical, mental, emotional, and energetic health, and learn basic breath and movement exercises to relieve pain and anxiety. Explore the intercultural origins of the holistic health model and the role of wholeness in healing. In combination, these fresh perspectives can help you honor your body and find balance. \$29. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Toxin Free Living with Michelle Malloch • May 8, June 12, 6:30-8:30 p.m. • Did you know that our homes are filled with toxic and harmful chemicals in items we use every day, from cleaning, to personal care products, to the pots and pans we cook food in? Learn how to identify these hidden toxins and how to replace them with natural and safe solutions using things you already have in your kitchen and essential oils. \$30. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

BodyWorks Sampler Open House • Saturday, May 18, 4-6 p.m. • Have some fun and get a taste of Holistic Wellness. Sample a variety of alternative and natural healing therapies at reduced prices: Amethyst Bio Mat, Ascension Breathing, Cranial Sacral Therapy, Chair Massage, Thai Massage, BARS (Access Consciousness), Crystal Healing, Pranic Healing, Qi Gong, Singing Bowl Bath, Meditation, Paraffin Hand Treatments, Esoteric, Reflexology, Reiki, Head and Face Massage, Hand Massage, and Palm Reading. Experience the many ways to enjoy wellness. \$20/individual 15-minute session. \$54/three sessions. \$35/palm reading 15-minute session. Contact the BodyWorks Healing Center at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Deep Sleep Workshop with Katie and Verapose Yoga • Saturday, June 22, 1-3 p.m. • Yoga has the ability to soothe both the body and the mind. Come learn a series of calming postures to prepare your whole being for a restful, restorative night's sleep. Finish up the evening with a Yoga Nidra, a yogic sleep that is said to be the deepest place of relaxation while still conscious. \$40. Contact Courtney at 726-0086; veraposeyoga@gmail.com or veraposeyoga.com.

Teleconference: Focused Mind Meditation with John Friedlander • Sundays, May 5, June 2, July 7, Aug. 4, 9 a.m.-12 p.m. • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability; as well as a whole new level of mental clarity and spiritual openness. \$15. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Psychic Psychology Women's Group with John Friedlander • Tuesdays, May 7, June 4, July 2, Aug. 6, 8-9 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$12.50. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Clearing Energy Levels Where Emotions Transition into Physicality with John Friedlander • Wednesdays, May 15, June 19, July 17, Aug. 21, 8-9 p.m.
• Meditation exercises releasing/clearing energies in the levels of the aura. \$12.50
Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Kundalini Meditation and Clearing with John Friedlander • Tuesdays, May 21, June 25, July 23, Aug. 27, 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. \$12.50. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

July Webinar/Teleconference: Exploring Core Techniques and Advanced Material with John Friedlander • TBD • New material introduced with continued development of advanced material and core techniques seeking a natural sense of skills for everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or instructor's permission. \$275. Contact Gilbert at gchoud@yahoo.com or psychicpsychology.org.

Kabbalah

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • Evening Course begins Tuesday, May 28, 7-10 p.m. • Three-hour workshop meets once a month for about a year. An ordered, systematic approach to develop and balance all the important areas of life. Turn resistance energy into creative energy. Monthly rates: \$137/person general session; \$150/person two-person session; \$120/hour private session. Contact Karen at 417-9511; krngrnbg@gmail.com or clairascension.com.

Holistic Health (cont.)

Heightening Your Vibration: Alchemy with Karen Greenberg • Sunday, Aug. 18, 12-8 p.m. • Learn a myriad of tools and techniques to raise your vibration and sustain it. Tools include sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, personal prayers, gratitude, breathing, drumming, movement, and many more. \$125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Homeopathy

Introduction to Homeopathy: How to Use Homeopathic Remedies for Home Care in a Safe and Effective Way with Mary Tillinghast • Wednesdays, May 29, June 12, July 10; or Saturdays, May 25, June 22, July 27 • Topics covered in this workshop include guidelines for choosing and using a remedy, homeopathic potencies and dosage, biochemic cell salts, emergency care, and discussion of several of the most commonly used remedies for home care. \$70. Contact Castle Remedies at info@castleremedies.com or castleremedies.com.

Hypnosis

Self-Hypnosis with Conrad Welsing • Tuesdays, July 23, 30, 6:30-8:30 p.m. • Did you know that Thomas Edison and Albert Einstein credited their genius ideas to self-hypnosis, as did Wolfgang Amadeus Mozart for his *Così fan tutte*? Come learn and practice self-hypnosis techniques in this workshop. Find the power to change you. \$39. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Intuitive and Psychic Development

Drop-In Intuitive Readings with Marcella Fox • Second Sundays, 12-3 p.m. at Crazy Wisdom • \$1.50/minute. No appointment necessary. Contact 717-8513.

Love and Relationships

Kabbalah for Couples with Karen Greenberg • Begins Sunday, May 5, 12:30-2:30 p.m. • Not couples therapy, but for good relationships that both parties are willing to improve. Two-hour sessions, once a month, for about a year to allow couples to get more work done over a shorter amount of time. \$205/session if either participant has taken Beginning Kabbalah. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg • Sunday, May 19, 1-6 p.m. •
Identify your ideal mate's qualities and enhance these with the richness of group input. Learn how to use ceremony, meditation, chants, movement, and more to remove blockages, work through fears and issues, and learn to trust the Divine Order and Timing. \$125. Contact Karen at 417-9511; krngrnbg@gmail.com or clairascension.com.

Meditation

Mastering Meditation with Kapila Castoldi at Crazy Wisdom • Sundays, June 12, 19, 26, 7-8:45 p.m. • Introductory Meditation series offered by the Sri Chinmoy Centre. Topics include quieting the mind, relaxation, breathing, chanting techniques, meditations on the heart, exploring a meditative lifestyle, awakening inner awareness, bridging the inner and outer world. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Introduction to Tibetan Buddhist Meditation with Jewel Heart • Wednesdays, May 1, 8, 15, 22; June 5, 12, 19, 26, 7-8:30 p.m. • Mindfulness is an important tool because it helps us develop focus, stability, stillness, and insight. Tibetan Buddhist meditation further extends familiar mindfulness tools into the realm of “what to do next” with the addition of analytical and visualization methods designed to help us experience and develop compassion and wisdom. Free. Donations accepted. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Day of Meditation with Jewel Heart • Saturdays, May 4, July 20, 8:30 a.m.-6 p.m. •
Meditation is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This day of meditation, open to all experience levels and offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Free. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

A descendant of Confucius, Dr. Raymond Kong was born into a family with an eight-century history of Chinese medicine practice. He has been practicing acupuncture for eight years in Ann Arbor. His acupuncture clinic offers traditional Chinese acupuncture treatment and cupping, Gua Sha, and many Chinese herbal formulas. Dr. Kong specializes in infertility, pain management, stress, sleep disorders, and more. Learn more about Dr. Kong at acupuncture-annarbor.com.



Day of Mindfulness Meditation with Esther Kennedy • Saturdays, May 4, June 15, July 13, Aug. 10, 10 a.m.-2:30 p.m. • Monthly mindfulness meditations with a different focus each month. Mindfulness helps us to cultivate the calm within our own being and to experience silence as a warm embrace. \$30 includes lunch. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Group Singing Bowl Bath with Antonio Sieira • Tuesdays, May 7, June 11, July 9, Aug. 13 6-7:30 p.m.; Sunday, June 9, 1:30-2:30 p.m. • Experience sound and vibrations from 21 bowls to promote health, spiritual well-being, and prevent illness. Free blocked-up energy, calm the mind, delight the body and the emotions as you bathe in the rich harmonics of the individual voices of these beautiful bowls. \$20. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Introductory Zen Meditation Course with Zen Buddhist Temple • Five Thursdays beginning May 16, July 18, 6:30-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. \$160. \$120 students. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Open Mindfulness Meditation Practice with Antonio Sieira • Tuesdays, Thursdays, May 14, 23, 28; June 4, 18; July 2, 16, 30; Aug. 6, 20, 27, 6-7 p.m.; Sundays, May 19, July 14, 1:30-2:30 p.m. • Calm your mind and come into peace. Includes mindfulness, Tibetan singing bowls, Metta meditation, discussion of philosophy, science, and spiritual basis of meditation. \$15/class or six/\$60. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

A Day of Silence and Meditation Practice with the Michigan Friends Center led by Carol Blotter • Saturday, May 18, 9 a.m.-4 p.m. • This retreat is an opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. Beginners will have break-out instruction while experienced meditators can be in silence all day or anywhere in between. This retreat is a fundraiser for the Michigan Friends Center. Suggested donation \$30. Preregistration requested. Contact Carol at 475-0942; cb.meditate@gmail.com or mfcenter.org.

Myriad of Meditations with Karen Greenberg • Sunday, May 26, June 9, July 14, Aug. 11, 12 a.m.-6 p.m. • Learn a myriad of meditation techniques and discover which ones resonate with you. \$125/part. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Reflective Meditation for Worriers with Erica Dutton • Series of four Mondays, June 3-24, 6-8 p.m. • Most of us worry about something. While meditation can claim to help many things, developing positive mind states has been highly researched. This series of online classes will teach you a unique combination of mindfulness, insight, and awareness practices to help reduce worrying. \$100. Contact Erica at 417-4385 or eld0306@yahoo.com.

Open Concentrated Meditation with Jewel Heart • Wednesdays, July 10, 17, 24, 31; Aug. 7, 14, 21, 28, 7-8:30 p.m. • Help yourself through meditation. Facilitators

provide basic guidance with multiple concentration meditation sessions using the breath as the point of focus. Open to all levels of experience. Donations accepted. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Overnight Introductory Meditation Courses with Zen Buddhist Temple • Friday-Saturday, July 19-20 • Geared towards out-of-towners or those who cannot make the Thursday night services, this overnight meditation practice is to introduce participants to meditation. \$160. \$120/students. Includes accommodation and breakfast. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Friday-Sunday, Aug. 23-25, 12-4 p.m. • Learn to travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life. Become more deeply connected with ten different aspects of G-D and learn how to connect to the different energies of each aspect. \$333. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Weekly Meditation with Insight Meditation Ann Arbor • Sundays, 11 a.m.-12:15 p.m. • Join us for a 45-minute group Sunday sitting, followed by a short talk and sharing. Open to all. Wear comfortable clothing, and please no scents. Donations accepted. Contact Insight Meditation at info@insightmeditationannarbor.org or insightmeditationannarbor.org.

Sunday Online Meditation from Anywhere with Celeste Zygmunt • Sundays, 11 a.m.-12 p.m. • Join others from far and near for this live-streaming Sunday meditation. All you need is a willingness to observe with kindness the expressions of the self and to be open to ever-present pure awareness. You must sign up for the email list to get the weekly link to join. Donation. Contact Tana at 477-5848, om@deepspring.org or deepspring.org.

Introduction to Mindfulness with Lynn Sipher • Tuesdays, May 9-June 4; July 9-30, 9:30-11:30 a.m. • In our busy, technology-distracted, rushed lives, we are often checked out: bodies in one place and minds in another. We are lost in memories about the past or imagined stories about the future. Choose either four-week session to support presence, well-being, and balance in your life. \$180. Contact Lynn at 332-3365; lynnsipher@gmail.com or lynnsipher.com.

Being in Tune: Mindfulness Meditation at The Ark with Mindful City Ann Arbor • Tuesdays, 12-12:30 p.m. • Thirty-minute meditations. This practice has no religious affiliation. Appropriate for beginners or experienced meditators. No session on July 16. Free. Contact Lynn at 332-3365; lynnsipher@gmail.com or mindfulcityannarbor.org.



Sustaining

Our Spiritual Journeys

By Holly Makimaa

While brief bursts of inspiration can reignite our commitment to our spiritual journeys, many of us are challenged to sustain the same level of enthusiasm over time. Why is this? I recently asked about 40 people in a journaling workshop I facilitated what barriers they have encountered in using writing as a spiritual practice. Their answers, while focused on writing, were identical to the types of challenges I commonly hear people in my interspiritual coaching practice express as challenges on their spiritual journeys: 1) self-judgments, 2) not having enough time for practice, and 3) lack of clear intention.

While brief bursts of inspiration can reignite our commitment to our spiritual journeys, many of us are challenged to sustain the same level of enthusiasm over time.

Do any of these resonate with you? I have experienced all three types of challenges in the course of my life, some more than others – but for me, self-judgment is the most insidious. Years ago, when I was taking a training from a spiritual healing teacher I deeply respected and admired, she confidentially shared with me that she used to get up at 3:30 a.m. to do her spiritual practices with another mother in her community, so she had enough time to care for her small children during the day. Her story has echoed in my mind – for better and worse – over the years. “Better” is when I can remember her words and say, “Wow, I am inspired; she has expressed who she is consistently and creatively, and I want to live at my highest version of my Self too.” “Worse” is when I remember her words, judge myself and, say, “I have to be willing to get up at 3:30 a.m. to be authentically spiritual or to be doing my part on the planet.” I don’t know of greater traps than self-judgment and its close cousin, shame. Both take the focus off what is really important and make it about our egos and meeting some benchmark to be okay.

We seem to miss the point when we are doing our spiritual practices in order to get somewhere or to be someone who we think we should be. There is “nowhere to get,” says independent, Ann Arbor-based spiritual director Jonathan Ellis. “Spiritual journeys are different from other types of journeys. You are already at your destination. We still use the word journey because it is a process of becoming aware of where we are.”

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Local Diamond Approach® teacher Lou Weir says he can relate to the trap of needing to get somewhere on the spiritual journey. The Diamond Approach as described by its founder, A.H. Almaas, is “a contemporary teaching that developed within the context of both ancient spiritual teachings and modern depth psychology theories.” It wisely incorporates a method to help practitioners deal with the inner critic and self-judgment. Years ago, Weir spent significant time in retreats over a four-year period meeting his self-judging “inner striver” head on. “My inner striver said that I should be able to understand something the first time it is presented, and if I cannot understand it, there is something wrong with me.” Weir says his judgments got so bad, he began to feel self-loathing and a desire to leave the retreats for fear of wasting other peoples’ time. In any genuine path, he says, “You uncover something in yourself that is uncomfortable, and for many people that is a point of no return – a road block. Each of us will reach a place of frustration or confusion when on a spiritual path,

when the desire for something will be thwarted or maybe not even available to the part of us which wants it. The path needs enough teaching and support practices to keep you working with it and not simply finding a ‘better’ path or teacher – avoiding the block.” Fortunately for Weir, he stayed the path, worked with his teachers and the self-inquiry process embedded in the Diamond Approach and was eventually able to see through to the truth of his nature without the self-judgments. Ironically, however, he says the inner striver is what helped him keep making the time to go on retreats to work out the self-judgment!

What makes us carve out the time to focus on our spiritual practices is different for each of us. I had a pretty “enlightening” and funny experience happen almost fifteen years ago that helped me see spiritual “practice” time in a new way. Around 2005, I was studying the benefits of yoga and early morning meditation and had just gotten a new job with an earlier start time than I was used to. This was challenging for me, since I am not a “morning person.” I really wanted to do my whole yoga and meditation practice in the morning before I got to work, but I was struggling (and feeling guilty remembering my friend’s 3:30 a.m. meditation example – as I did not have kids, and work did not start *that* early). On the days I did not get up in time for my full practice, I knew I was not as centered as I normally would be after meditation. Because of this, all morning I was extra careful to attune my consciousness to the Divine with each decision I made. I also contemplated a spiritual reading or a short quote before I turned on the computer and made a ritual of starting my day at work. I would then finally make the time to meditate at lunchtime or in the evening. Once I eventually got used to the new rhythm of my schedule, however, I was able

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to return to meditating in the morning before work, and I felt victorious. Much to my surprise, however, I started to miss all the practices I had created to compensate for missing my morning meditation and to keep me aware of the Divine Source within. I had met my intention of resuming my spiritual practice before work, but why was I doing that in the first place? To be aware of and express Spirit, which I had been naturally doing in my previous default regimen! I had to laugh at myself and have shared that story many times with others who are being hard on themselves for not being able to meditate first thing in the morning. Our *intention* is everything. Doing a practice just to do it won’t fulfill us over the long haul. What is the attunement of our hearts? Why are we doing a practice? It needs to speak to our purpose and have deep meaning for us. The best of both worlds, one might say, would be to enjoy my morning meditation practice and then to let it enhance my connection during the day. But even that is a judgment! Rules don’t make us spiritual; the nature of our hearts does.

I used to have a yoga teacher who said five minutes of breathing a day can change your life. I believe this to be true and always encourage the people I work with to close out their practice – whatever it is – hungry for more, without judgment. Senior Teacher Samo (Joanna) Myers at Sun Shen, an Ann Arbor-based school for spiritual development and mysticism for the modern world, encourages her students to develop a fail-safe goal for their spiritual practices. “What can you do on your worst day? Set that as your benchmark and go from there,” says Myers, giving credit to Master Sang Kim, founder of Sun Shen, for the teaching. Often, what we find is if we lower our benchmark, the benchmark naturally rises with the joy and conviction of our practice.

I cannot say how many people I have worked with suffer needlessly and get stuck on the journey if they cannot always be the most compassionate, joyful, or consistent person they want to be. Worse yet is when this spirals into shame and people withdraw from love and/or from community. I am sure we have all done that to one

In any genuine path, Weir says, you uncover something in yourself that is uncomfortable, and for many people that is a point of no return – a road block.

degree or another at some point in our lives. I used to really beat myself up for not feeling as consistently connected to God in the midst of big life transitions as I did at other times. During one such transition in my mid-twenties, I remember sheepishly sharing my feelings of disconnection with a rather radical-for-her day nun. She forever shifted my perspective by saying, “Holly, you will never be closer to God than you are at this moment. God is closer to you than your own breath.” It is only our judgments that separate us from the truth of who we are right now.

How healing it is when we can share our judgments and shatter shame through being the presence of compassion to each other! Resident Junior Priest at the Ann Arbor Zen Temple, Maum (Gloria Cox), stresses the importance of spiritual community as key to “what keeps us going.” Maum says the Buddha emphasized Dharma friendships as the “whole” of spiritual life.

“One of our Right Livelihood Guidelines,” Maum says, is to, “Cultivate compassion and loving kindness a) Notice where help is needed and be quick to help, b) consider others’ perspectives deeply, and c) work for peace at many levels.” I personally hope it is impossible to live on the planet right now – with all our environmental, political, and social needs – without asking what we can do to make it better. Sustaining our spiritual journey takes continual cultivation. Facing our own self-

I personally hope it impossible to live on the planet right now – with all our environmental, political and social needs – and not ask what we can do to make it better.

judgments, struggles with time, and our need for clear intentions on the path takes dedication. Fortunately for us, we are hard-wired to seek the truth of our natures. If we close ourselves off from love in our seeking, however, we cannot be a force of light to ourselves or others. More than ever, we need to bathe ourselves in good spiritual company in the way we treat and talk to ourselves and to each other. To be on the spiritual journey for the long haul, we need to offer ourselves regular spaces and places of refuge and compassion as we learn to “walk each other home” – a phrase from renowned spiritual teacher and author Ram Dass, summing up the point of our existence.

Holly Makimaa is a life coach, journaling teacher, interspiritual minister, and workshop facilitator. She serves as a spiritual midwife, supporting people in birthing their most awakened and authentic spiritual Selves. She hosts regular retreats for people from all backgrounds to remind them they are already whole and to support them in their unfolding spiritual journeys. You can learn more about her work at her website yourtransformationaljourney.com



Meditation (cont.)

Meditation with Triple Crane Monastery • Tuesdays, 6-7:30 p.m.; Thursdays, 10-11:30 a.m. • Twenty minutes of stretching, 45-60 minutes sitting, followed by a short discussion. Open to all backgrounds and levels. Free. Donations welcome. Contact Winnie at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

Shiva Meditation Life Sustaining Program with Swami Atmananda Saraswati • Tuesdays, 7:30-9:30 p.m. • Meditators from all backgrounds can share in the collective synergy of group meditation. The evening begins with chanting and a 20-minute silent meditation, followed by a group discussion or contemplation. The evening concludes with refreshments and social time. Donations accepted. Contact Atmananda at 883-6947; atmananda@kashinivas.org or kashinivas.org.

Transcendental Meditation Free Introductory Talk with Tom Masuga • Wednesdays, 7 p.m.; Sunday, 4 p.m. • We will answer any questions about the TM technique. We’ll discuss its origin and tradition, what it takes to learn, its benefits, and how it is a simple, natural, and effortless mental technique that’s practiced twice a day for 20 minutes. Free. Contact Tom at 330-3282; tmasuga@TM.org or TM.org.

Thursday Silent Practice Evening with Insight Meditation Ann Arbor • Thursdays, 6:45-8:45 p.m. • How wonderful it is to have an evening of more than one sitting to deepen into the space we often find ourselves in at retreats. Our Thursday Silent Practice starts with a few minutes of gentle stretching to loosen up from the day, followed by two 40-minute sittings, with a 15-minute walking period in between and finish with a short sutta. Donations accepted. Contact Insight Meditation at info@insightmeditationannarbor.org.

Siddha Yoga Satsang: Chanting and Meditation with Siddha Yoga Meditation Center • Thursdays, 7-8:30 p.m. • Please join us for an evening including a reading, video, or audio teaching. Then we chant and meditate. All are warmly invited. Free. Contact Dunrie at 276-0318; symcannarbor@gmail.com or symcannarbor.org.

Intensive Meditation with the Lighthouse Center • First and Third Fridays, 7-10:15 p.m. • Chanting and prayer, followed by meditating for 20 minutes on each of the seven chakra energy centers. May join or leave meditation at any time. A deep cleansing and renewal to supplement your meditation practice. Love offering. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Learn to Meditate with Nirmala Nancy Hanke • Second Saturdays, May 11, June 8, July 13, Aug. 10, 4-6:30 p.m. • Participants will learn how all meditations are good and thoughts are an essential part of the process. Talk followed by 20-minute meditation experience with a mantra. Vegan snacks after meditation. Register one week in advance. \$35, \$25/students, \$15/repeaters. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Saturday Silent Meditation with Triple Crane Monastery • Saturdays, 8:30 a.m.-12:30 p.m. • Start with 30 minutes of stretching and three 50-minute sets of sitting meditation with ten minutes of walking in between. Free. Contact Winnie at 757-8567; triple.crane@huayenworld.org or www.huayenworld.org/usa.

Movement and Dance

Dances of Universal Peace with Judy Lee Trautman and Drake Meadow • First Fridays, 7-9 p.m. • Originating in the 60s in San Francisco by Sufi teacher Samuel Lewis to celebrate the world’s religions through simple folk dance steps. The dances, a form of moving meditation, require no partner or experience. \$5 donation. Contact Judy at 419-475-6535; jltrautman@sbcglobal.net or peaceanddance.multifaithjourneys.org.

Music, Sound & Voice

Sacred Sound Journey with Ann Arbor KTC • Fridays, May 3, June 14, July 12, Aug. 16, 7:30 p.m. • Sacred Sound Journey with gongs, crystal bowls, tibetan bowls, didgeridoo, flutes, and more. Powerful vibrational experience, meditative, and healing. \$20. Contact Mark at 1-800-627-5629; mark@sacredsoundjourney.com or sacredsoundjourney.com.

Crystal Singing Bowl Sound Journey with Verapose Yoga • Sundays, May 5, 19; June 16; July 7, 21; Aug. 4, 18, 7:45-9 a.m. • Reconnect with your divine essence through the power of sound. Greet the sunrise with still minds and open hearts, as our awareness of nature and subtle energies is heightened. The tones from these sacred crystal singing bowls can lead one into a state of total relaxation in which healing and connection to a higher consciousness can take place. Please bring a yoga mat, blanket, and optional pillow and eye mask, and arrive ten minutes early. \$28. Contact Victoria at victoria@victoriaschon.com or veraposeyoga.com.

Gong Paradise with Verapose Yoga • Fridays, May 17, June 28, July 26, Aug. 23, 7-8:15 p.m. • Complimentary healing modality to help one cut through mental chatter. Through sympathetic resonance, the sound frequencies quickly bring the brain wave into alpha and theta states where meditation and deep relaxation are experienced. In this state of awareness, with intervals of silence, one is able to enjoy a more relaxed perspective, gain deeper insights and healing, and increased creativity. \$28. Contact Victoria at victoria@victoriaschon.com or veraposeyoga.com.

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

– Buddha

Meditation Concert of Sacred Chant with Norma Gentile • Saturday, June 23, 8 p.m. • Norma brings her voice, Tibetan bowls, and a few musical friends together in an evening of medieval chants by Hildegard and songs that arise spontaneously from the combined meditational energies of those present in the room. These improvised songs are particularly potent for healing and transformation, as they arise out of the connection between Norma’s guides and your own guides. Suggested donation, \$20. Contact 327-0270; office@healingchants.com or healingchants.com.

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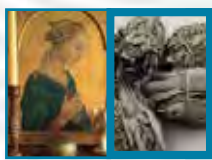
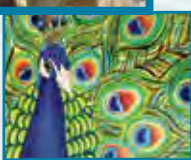
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Where Do We Distribute The Crazy Wisdom Community Journal?

11,000 copies of The Crazy Wisdom Community Journal are distributed to more than 235 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, the Zen Temple, Sweetwaters, Pharmacy Solutions, Michigan Union, the Better Health Store, North Campus Commons, U-M, EMU, WCC, Arbor Farms, the Center for Sacred Living, Complete Chiropractic, the Lotus Center, the Lighthouse Center, Jewel Heart, Tsogyelgar, Yoga Space, Michigan Theater, Seva, Zerbo's, Clark Pharmacy, the Dakota Building and the Weber Center.

We also distribute to the offices of dozens of doctors, holistic health care providers and therapists.

If you'd like us to bring copies of *The CW Community Journal* to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

Music, Sound & Voice (cont.)

First Wednesdays with Ann Arbor Kirtan • First Wednesdays, 7-9 p.m. • Ancient yogic spiritual practice of Kirtan. Sanskrit mantras, sung to beautiful melodies, supported by harmonium, Indian drums, and hand cymbals open one's heart and connection to spirit. Free. Contact Kashi Nivas at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Naturopathy

Herbal Support Class with Jules • Saturday, Aug. 3, 1-4 p.m. • Plan on making a tea to enjoy while you partake in class activity as you create a room spray, tincture, and beautiful skin product intended for a healthier home and better health. Supplies will be provided. \$65. Contact Jules at (503) 367-8562; TNE@thenaturalexchange.com or thenaturalexchange.com.

Nutrition and Food Medicine

Healing Food Circle with Judy Sauer • Mondays, June 24, July 1, 8, 15, 22, 29, 6:30-8 p.m. • Whether you struggle with addictive, binge-eating patterns, or simply want to develop a healthier relationship to food, cultivating healthy eating patterns is most successful in community. In this healing food circle, we will explore the physical, emotional, mental, and spiritual elements of our relationship to food and eating. Each session will include handouts, healthy recipes, and food samples. Class size is limited. \$120. Contact Judy at 223-9810; jdsfoodsolutions@gmail.com.

Pagan Spirituality

Witches' Night Out • Second Tuesdays, 6-8 p.m. in the Crazy Wisdom Tea Room • Join the Witches as we gather, drink tea, and chat! We welcome all people who are curious, identify, or just wander into the room! We pick themes for each gathering and there is a chance to chat, learn, and simply be present. No cover. \$3.50 for a mug of Witch Brew tea with free refills. For more information call 665-2757; info@crazywisdom.net or crazywisdom.net.

2019 Michigan Pagan Festival • June 20-23 • Michigan Pagan Festival is the premier outdoor Pagan and holistic event in Michigan. All welcome to this peaceful, open, and tolerant nature setting. Our event offers a variety of entertainment, workshops with renowned Pagan authors, Psychic readers, vendors and merchants, children's programs, a fire circle with drumming, and discussions with Community Elders and Leaders. \$85. Contact Moira at michiganpaganfestival@gmail.com or michiganpaganfestival.com.

Personal Growth

Decolonizing Ancestry: Healing Intensive for BIPOC • Saturday, June 1, 9 a.m.-5 p.m. • This full-day intensive is offered by and for POC to explore ancestral healing through an anti-oppression lens. We'll apply the framework of Emergent Strategy social justice theory and praxis in our approach to ancestral healing. Techniques will include: neurodecolonization, politicized somatic practice, engaging ritual and ancestral spirituality in lineage work. \$150-200 sliding scale, includes lunch. Pre-registration required. Register at www.drdianaquinn.com.

Let's Talk About *How to Change Your Mind* by Michael Pollan, with the Michigan Psychedelic Society at Crazy Wisdom • Saturday, May 4, 3-4:30 p.m. • Join us to talk about the new-ish book by Michael Pollan, *How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence*. There will be a short presentation by the Michigan Psychedelic Society followed by a Q&A discussion. Donations accepted. Contact Julie at 985-0606; mipsychedelicsociety@gmail.com or mipsychedelicsociety.org.

One Small Change: Cultivating Self-Compassion and Kindness in Everyday Life with Andrea Weid at Crazy Wisdom • Workshop 1: Tuesdays, May 7, 14, 28; June 4, 11, 18, 25, 2-3:45 p.m.; Workshop 2: Saturdays, May 25, June 1, 8, 15, 22, 29; July 13, 1-2:45 p.m. • Kindness, self-compassion, and mindfulness are essential elements for sustainable change. Making life changes takes on new meaning when we cultivate these elements and link them to a greater purpose. This seven-session workshop takes place over two months so participants can experience making small, sustainable shifts within a supportive small-group experience. \$140. Contact Andrea at beinghome4u@gmail.com or beinghome.org.



artwork by Logynn Hailley

Queen Up! Aligning with the Tarot Queens for Transformation and Manifestation with Angela Kaufman at Crazy Wisdom • Saturday, June 15, 3-5 p.m. • Discover how to align with and embody the powers of the Tarot Queens. Based on the book *Queen Up! Reclaim Your Crown When Life Knocks You Down* (Conari, 2018). Ideal for women experiencing major life changes. No Tarot experience necessary. \$15. Contact Angela at (513) 622-9178; intuitiveangela@gmail.com or intuitiveangela.com.

Discover SoulCollage® with Laura Seligman • Fridays, May 10, June 7; Monday, July 15; Tuesday, Aug 6 • Create your personal deck of collaged cards which reflects your life and inner wisdom. Learn how to consult your cards for self-awareness, inner guidance, and transformation. \$55. Contact Laura at lauraseligman@gmail.com.

Journey Through Our Energy Anatomy: The Chakra System with Pat and Dave Krajovic • Tuesdays, May 14, June 11, July 16, Aug 6, 9-10:15 a.m. • Experience a journey through the chakra system. Each energy center contains universal spiritual life lessons which we must learn to evolve. Each month will concentrate on one Chakra. Teachings will include organs, mental and emotional issues, and physical dysfunctions associated with each chakra. \$20. Contact Pat at 416-5200; inspire@ascensionbreathing.com or ascensionbreathing.com.

Claiming Your Sacred Sexual Shamanic Self with Leslie Blackburn • Early Bird Registration Deadline: June 3; Class series: Sept. 10-Dec. 17 • A three-month leadership and sexual empowerment program supporting sexuality educators and somatic professionals to feel joy and clarity on their soul purpose so that we co-create a culture of love and respect for our bodies, ourselves, each other, and the planet. \$4,500. Payment plans available. Contact Leslie at 313-269-6719; support@leslieblackburn.com or leslieblackburn.com.

Michigan Psychedelic Society Meeting • Every Third Saturday, May 18, June 15, July 20, Aug. 17, 6:30-8:30 p.m. • Join this community of people interested in the profound role psychedelics play in the expansion of consciousness. We provide a space for people to discuss psychedelics, psychedelic healing, and a place for sharing experiences with these powerful medicines. All are welcome! Donations accepted. Contact the Michigan Psychedelic Society at 985-0606; mipsychedelicsociety@gmail.com or mipsychedelicsociety.org.

Realization Process Practice Sessions with Mara Evenstar • Tuesdays, 6-7:30 p.m.

• Weekly exploration and practice of the Realization Process developed by Judith Blackstone. Realization Process™ is a body-centered approach to personal and spiritual healing and maturity. It initiates the process of spiritual realization with psychological and relational healing, and embodiment. Donation. Contact Jerri at 905-7980; events@evenstarschalice.com or evenstarschalice.com.

Prosperity and Abundance

Building Your Business Spiritually with Karen Greenberg • Sunday, Aug. 4, 9 a.m.-2 p.m. • Despite the fact that our economy has been less than optimal, there are many of us who are still thriving and busier than ever. You are invited to learn universal spiritual principles and practices, repatterning limiting beliefs, working through limiting low-vibrational emotions, worthiness issues, and sabotaging behaviours. All to create and sustain abundance and prosperity and a thriving Spiritual Business. \$99. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

On May 1, 2019,
The Crazy Wisdom Calendar will
be available on our website:

www.crazywisdomjournal.com

Prosperity and Abundance (cont.)

Doula Business Development Training with Patty Brennan • Saturday, July 20, 8:30 a.m.-5 p.m. • Learn about thinking like an entrepreneur, establishing your value, acing the interview, marketing on a budget, optimizing your website, online marketing tips, how to network effectively, goal setting and other implementation strategies, time management, and more. Learn from the author of *The Doula Business Guide* and *The Doula Business Guide Workbook: Tools to Create a Thriving Business*. 7.0 DONA continuing ed. hours. \$215. Early registration discount. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Reiki

Usui/Holy Fire Reiki III ART and Master Certification with Andrea Kennedy • May 17-19, 9 a.m.-5:30 p.m. • Learn advanced Reiki techniques, how to build a Reiki practice, increase the power of your Reiki energy and support the deepening of intuitive guidance. Become a certified Reiki Master practitioner and instructor through a combination of lecture, practice, and experience. \$800. Contact Andrea at 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

Reiki Class for Level I and II Degree with LaRene Dell • May 22, 25, 29; June 8, 12 • Small classes to learn Reiki for Levels I and II. Sliding Scale: \$90-300. Contact LaRene at 945-5767; larenedell@gmail.com or sites.google.com/site/medacadell.

Usui/Holy Fire Reiki III Levels I & II Certification with Andrea Kennedy • June 8, 9, 9 a.m.-5:30 p.m. • Complete introduction including how Reiki works and what it can heal, history, the Level I placement, scanning the energy field and hand positions to heal yourself and others. Level II placement, three Reiki symbols and how to use them, distant healing, intuitive Reiki, and Japanese techniques. Discussion, practice time, class manual, and CE credits available. \$325. Contact Andrea at 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

Reiki Level I: Shoden with Andrew Anders • June 8-15, July 13-20 • Establish a functional understanding of the Usui Shiki Reiki Ryoho system of natural healing and a strong self-care habit. Learn twelve standard hand positions for self-care, five guiding precepts for mind-body balance and one basic meditation sequence. Throughout the class you will study basic practice principles, Japanese terminology, modern jargon, and early Reiki history. \$149. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

First Degree Reiki Training with Suzy Wienckowski • Saturday and Sunday, June 22-23 • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$150. Contact Suzy at 476-7958; suzyreiki@aol.com.

Retreats

Recharge and Relax Lake Michigan Retreat • May 10-12, June 28-30, Aug. 16-18 • Weekend retreats are all about you and your well-being. Take time to relax, heal, and experience expert guidance. \$445. \$395/one month in advance. Contact Ema at emastefanova@cs.com or yogaandmeditation.com.

The Art of Food: Nourish Your Health and Creativity with Liza Baker and Cara Cummings • Sunday, May 19, 9:30 a.m-3:30 p.m. • Thirty-minute yoga session, tour of the farm, create a piece of botanical art, share a mindful meal, and learn how to connect with your food and nourish yourself on a deeper level. \$250 all inclusive. Contact Liza at (310) 892-9485; liza@simply-healthcoaching.com.



Enlightened Soul Center
for the holistic and intuitive arts

- ☯ Reiki Shares & Sound Healing Concerts
- ☯ Mediums, Psychics, & Energy Work
- ☯ Classes in Tarot, Intuition, & more
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- ☯ Meditation & Yoga
- ☯ Shamanic Studies
- ☯ RENT OUR ROOMS!

EnlightenedSoulCenter.com

3820 Packard Road, Suite #280, Ann Arbor, MI
Just west of Carpenter Road / FREE PARKING!

Karma Yoga Garden Weekend with Song of the Morning Retreat Center • May 24-26 • Join us for a weekend dedicated to selfless service, community building, and organic gardening. We welcome visitors this weekend to participate in yoga classes, meditations, eat wholesome vegetarian meals, and camp or stay in the dormitory. Donations accepted. Contact Song of the Morning at (989) 983-4107; programs@songofthemorning.org or songofthemorning.org.

Spirituality and Science with Anne Kertz Kernion • Friday-Saturday, June 7-8 • A mini-retreat that offers insights from science and Theology that will inform and enrich our daily spiritual practices. Anne mixes mindfulness, yoga, reflection, and presentations on neuroscience and spirituality. \$40/commuter. \$75/double (per person). \$125/single. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Jewel Heart Joyful Summer Retreat - Stages of Meditation with Demo Rinpoche • June 15-22 • Based on Kamalashila's Stages of Meditation, Demo Rinpoche will teach how we can discover our power to shape the potential of our mind and bring to life our naturally kind and wise qualities. Plus guided meditations, group discussions, and more. \$550. \$475/members. Contact Kathy at 994-3387; programs@jewelheart.org or jewelheart.org.

Cultivating Pranic Nourishment - A Special Healing Retreat with Elitom El-Amin and Norma Gentile • June 27-30 • Elitom will be visiting from India just for this retreat. Come to hear some of the techniques Elitom uses to sustain his body through meditations, darshan, and stories. \$199 plus room and board. Contact Song of the Morning at (989) 983-4107; programs@songofthemorning.org or songofthemorning.org.

Five-Day Summer Retreat with Zen Buddhist Temple • Thursday-Tuesday, June 27-2 • Conducted by Ven. Haju Sunim. Intensive period of Zen practice geared toward the experienced student. \$60/day, \$50/day for members. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

**We are all connected; To each other,
biologically. To the earth, chemically. To
the rest of the universe atomically.**

— Neil DeGrasse Tyson

Singing the Psalms with Richard Bruxvoort Colligan • July 14-16 • The Psalms have been a central part of the worshipping tradition for three thousand years. Whether you know them by heart or are curious to explore, this mini-retreat is designed for anyone desiring to be immersed in the psalms. Program includes prayer, study, discussion, and lots of singing. \$100/commuter. \$175/double (per person). \$225/single. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Private Directed Retreat • Monday-Friday, July 15-19 • Step away from your busy days and retreat to Weber Center. Walk the labyrinth, enjoy the quiet of INAI, and find time for prayer and reflection. \$425/single room. \$325/double room. \$250/commuter. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Be Still and Know: Practices in Silence and Discernment with Swami Sankarananda • Aug. 16-18 • Deepen your experience of yoga through silence, meditation, chanting, yoga asana, and the teachings of the great Yogis. Swami



**WRITERS WANTED FOR
THE CRAZY WISDOM COMMUNITY JOURNAL**

We are looking for good articles about the holistic scene...
reportage, personal journaling and essays,
profiles, interviews, journalistic explorations,
and other feature writing.

Modest but respectable pay. If you might be interested,
please write to crazywisdomjournal@crazywisdom.net.

Sankarananda will guide us through the majority of the retreat, sharing wisdom to inspire transcendence from living in fear, to living in peace and harmony. Donations accepted. Contact Song of the Morning at (989) 983-4107; programs@songofthemorning.org or songofthemorning.org.

Women’s Wilderness Trip with Debbie Wollard • Saturday-Friday, Aug. 17-23 • An Invitation for women who are seeking a spiritual aspect to wilderness travel. Join us for a backpacking trip to North Manitou Island, in the Sleeping Bear Dunes National Park. Limited to eight people. \$500. \$450/early registration. Contact Debbie at (586) 242-8270; dmwollard@icloud.com or womensspiritualityproject.com.

Rituals

Sacred Crafts with Judy Liu Ramsey • Saturday, June 15, 10 a.m.-2 p.m. • Participants will create miniature travel altars and glass votive holders to use in their own rituals. All materials provided. \$35/person. Contact Judy at 665-3202; ramsey.judy003@yahoo.com.

Shamanism

Breathing Ancestral Wisdom Alive with Roman Hanis at Crazy Wisdom • Tuesday, May 21, 5:30-8:30 p.m. • This informational talk focuses on the origin and spiritual disciplines within the Amazonian and Andean indigenous traditions and their practical benefit in our modern world. Storytelling was an essential element for transmitting living wisdom in many ancestral societies. Ancestral lineages of mystery initiation in many cultures helped unravel highest evolutionary potential via a blueprint encoded in the storytelling. \$10-20. Contact Janel at (312) 771-1455; info@paititi-institute.org or paititi-institute.org.

Connection and Empowerment with Connie Lee Eiland • May 18-19 • This two-day class will strengthen your connection to Spirit, the Web of Life. Discussion and exercises will include how chakras impact empowerment. You will be in nature to assemble a medicine bundle, which will be used for healing. Journey, divination, and ceremony included. \$180 by May 4. \$220 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Introduction to Journeying with Connie Lee Eiland • Sundays, June 2, Aug. 11, 10 a.m.-5 p.m. • Six-hour class includes power animal retrieval and journey to Upper, Lower, and Middle Worlds. Journey is with drums and rattles. \$70 two weeks before class. \$80 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Introduction to the Shamanic Journey with Kate Durda • Saturday, June 8, 9:30 a.m.-4:30 p.m. • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. This class is a prerequisite for all advanced training. \$85 by June 4. \$95 after. Contact Spirit Weavers at (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Shamanism and the Spirits of Nature with Stephanie Tighe and Kate Durda • Saturday, June 15, 10 a.m.-5 p.m. • Prerequisite is knowing how to journey using the technique taught by the Foundation for Shamanic Studies or one of their students. We will learn about working with the spirits of nature for healing and knowledge by focusing on communicating with trees and plants, learning from them about the gifts they want to share with us. We will create personal plant bundles to honor the plant spirit that you connect with. Please dress for outside weather, bring a journal and pen, and bring a sack lunch. Tea, coffee, and snacks will be provided. \$85 by June 8. \$95 after. Contact Spirit Weavers at (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Five-Day Soul Retrieval Residential Training with Connie Lee Eiland • July 3-8 • This class is for people who want to bring soul retrieval into their practices. Participants will be trained in diagnosis, soul retrieval, and intensive after-care. Ceremony included. There is an application process for this training. Tuition: \$420 before June 15. \$474 after. Room and board ranges from \$290.44-\$369.94. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Journeying Basics with Judy Liu Ramsey • Thursday, July 18, 7-8:30 p.m. • Introduction to shamanic journeying for healing yourself, others, and the world. Learn how to access the wisdom of your own compassionate spirit helpers, guides, and power animals in a gentle, supportive environment. \$30/person. Contact Judy at 665-3202; ramsey.judy003@yahoo.com.

11th Annual Shamans’ Walk and Community Healing Circle with Stephanie Tighe and Kate Durda • July 28, 10 a.m.-5 p.m. • All traditions welcome, but must know how to journey. We will come together as a community to deepen our shamanic practice and support each other on our path. We will journey deeply and dance passionately for several hours, allowing time and space to hear from the Spirits and our inner selves, learning what we need to know to become who we are meant to be in this lifetime. \$50 before July 21. \$60 after. Limited to 50 participants. Must be pre-registered. Contact Spirit Weavers at (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Journey Circle with Judy Liu Ramsey • Third Thursdays beginning Aug. 15, 7-8:30 p.m. • Journey with others to access wisdom and healing for yourself, your community, and the world. Each session will have a different topic or theme. Sign-up required. Donations accepted. Contact Judy at 665-3202; ramsey.judy003@yahoo.com.

Shamans Community Forum: Inaugural Meeting with Stephanie Tighe and Kate Durda • Sunday, Aug. 25, 1-5 p.m. • We invite practitioners of all shamanic traditions to join us for an exploration into all things shamanic: discussions, journeys, dialog, experiencing shamanic community. A gathering of people where we deepen our understanding of shamanic practice and create new ways to be of service. Come share in this opportunity to develop shamanic community and support and step into your power. \$25 by Aug. 18. \$30 after. Contact Spirit Weavers at (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Spiritual Development

The Sound of Soul: HU Chant and Contemplation at Crazy Wisdom • Fridays, 6:30-7:15 p.m. • HU is an ancient name for God that can spiritualize the consciousness in order to get the understanding, wisdom, and strength to meet the waves and challenges of life. Singing HU can open the spiritual eye to allow conscious awareness of the Audible Life Stream, the Light and Sound of God. Twenty-minute group chant followed by contemplation and conversation. Free. Contact John at 320-2010; tutdebon@gmail.com or meetup.com/spiritual-growth-meetup/.

The Spirit Garden: Coming of Age Generation Exploration of Reality with Alan Boyce at Crazy Wisdom • Saturday, May 11, June 29, July 27, Aug. 31, 10:30 a.m.-1 p.m. • Explore the “reality” of this reality, develop hidden abilities, often termed paranormal, to manifest a different society than the existing one. Create a safe space to tell your story. \$10. Contact Alan at 426-4140; hubbard4558@gmail.com.

Magnified Healing First Phase with Jan Pemberton • Saturday and Sunday, May 18-19, 10 a.m.-6 p.m. • Immerse yourself in the loving, peaceful energy of Lady Master Quan Yin as you learn this powerful protocol for clearing and raising the frequency of your energetic bodies. Magnified Healing is an easy and multilayered process of building your Light Body. All welcome. Includes manual, certificate, and CD. \$385. Contact Jan at 929-8039; janpemberton888@gmail.com or magnifiedhealing.com.

Witches' Night Out

AT CRAZY WISDOM

2nd Tuesday each month, 6:00 to 8:00 p.m

Join the Witches as we gather, drink tea, and chat!
We welcome all people who are curious, identify,
or just wander into the room!
We pick themes for each gathering
and there is a chance to chat,
learn, and simply be present.
\$3.50 for a mug of
Witch Brew tea with free refills.
info@crazywisdom.net
or www.crazywisdom.net



"I am so deeply grateful that
you are all here doing this
work— there is hope for
healing our humanity."

J.B., Retreat Participant, Oct 2018

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Detox Weekends | Fasting Weekends | Intensive Retreats



Singing on the

Threshold

EASY, REST EASY, LET EVERY TROUBLE DRIFT AWAY;
EASY, REST EASY, LOVE ENFOLDS YOU AND HOLDS YOU SAFE.

~words and music by Marilyn Power Scott

by Layla Ananda

In the twilight hours of early evening, three women gather around a bedside. Their voices are gentle and soothing; their lyrics and harmonies weave a spell. The lines on the face of the man in the bed smooth out a bit; the family members in the room visibly relax.

This is the magic created by Threshold Singers of Ann Arbor, and by Threshold Choirs in more than two hundred locations around the world. The Threshold Choirs sing to people in the midst of a transformative life event: most often dying, but also recovering from illness or surgery, going through difficult emotional times, or being in chronic pain. They sing in hospitals and hospices, at nursing homes, in private homes, and once in a while, for the general public. The first Threshold Choir was started in 2000 in California by Kate Munger, who describes the experience that led her to gather a group of women together to sing to people “on a threshold”
The seed for the Threshold Choir was planted in June of 1990 when I sang for my friend Larry as he lay in a coma, dying of HIV/AIDS. I did housework all morning

**In the twilight hours of early evening, three women
gather around a bedside. Their voices are gentle and
soothing; their lyrics and harmonies weave a spell.**



and was terrified when the time came to sit by his bedside. I did what I always did when I was afraid; I sang the song that gave me courage. I sang it for 2 ½ hours. It comforted me, which comforted him. The contrast between the morning and the afternoon was profound. I felt as if I had given generously of my essence to my dear friend while I sang to him. I also found that I felt deeply comforted myself, which in turn was comforting to him.

**This is the magic created
by Threshold Singers
of Ann Arbor, and by
Threshold Choirs in more
than two hundred locations
around the world.**



Threshold Singers of Ann Arbor (TSAA) began in 2007 when local musician and music educator, Tammy Renner, invited a few friends to her home. Two years before, she had sung to her mother as she lay dying of cancer. Of that time, Tammy says, “The music calmed her and helped my family express feelings for which we had no words.” Then, Tammy explains,

A dear friend in Yellow Springs, Ohio told me about Kate Munger and the Threshold Choir. As soon as I heard the simple, yet powerful songs, I knew I wanted to gather women in Ann Arbor to sing together and bring these songs to the bedsides of those who were struggling to live and/or to die.

Currently, about two dozen women meet weekly to learn and practice some of the ever-growing number of songs in the official Threshold Choir repertoire, now up to nearly four hundred. About a dozen of the women are “bedside singers,” having memorized the songs most frequently sung, and learned beneficial ways to interact with people on a threshold.

WE ARE ALL JUST WALKING EACH OTHER HOME.

~words by Ram Dass, music by Kate Munger

Karen Chalmer, who joined TSAA at the suggestion of a friend more than ten years ago, describes a bedside singing experience:

We walked into a large room in a nursing home. An older person lay dying on the bed. There were maybe ten relatives and friends in the room. Some were watching television. Others were near the bed, in different corners, in the hall. There was a sadness and uneasiness in the air. No one seemed to know what to do or say. Our “song mother” greeted everyone quietly and took us right to the bedside. She spoke directly to the person in the bed, even though he seemed unconscious. She called him gently by name and told him we were there to sing for him. As we settled around the bed the room grew quiet and everyone was suddenly focused on the person in the bed. As we sang, a few of the relatives moved close and one of them took the dying person’s hand. The mood changed so noticeably—it became much more relaxed and very much focused on what had actually brought them all to that room. Some tears flowed. When we finished many of the people in the room followed us out into the hall to tell us how grateful they were.

Women are drawn to the long process (usually one-two years) of becoming a TSAA bedside singer for many reasons. TSAA member Pat Shalis says, “I love the beauty and simplicity of the songs we sing from the heart to ourselves and our song recipients.” Another TSAA member, Karen Mori, explains: “My decision to join was based on feeling that ‘shiver down my spine’ when I heard about the choir. And it has been a commitment of the heart ever since.”

The mood changed so noticeably—it became much more relaxed and very much focused on what had actually brought them all to that room.

~ Karen Chalmer



A reclining chair sits in the middle of the rehearsal room, and often a member will feel moved to lie back in the chair, letting the lovely harmonies and soothing words wash over her. “The choir draws women who are loving, open-hearted, and committed to helping their fellow beings during difficult transitions of life,” says Shalis. That includes the singers themselves. Even as they work on learning the notes and blending their voices, the women of TSAA experience the calm and peacefulness of the short, chant-like songs. They will sing for each other, upon request: “I asked for singing the morning before I went to divorce court, and again after I had a fall and broke a bone,” says one TSAA member.

LET LOVE WASH OVER YOU, LET LOVE WASH OVER YOU, LET LOVE
WASH OVER YOU, GENTLY.
LET LIFE WASH OVER YOU, LET LIFE WASH OVER YOU, LET
LIFE WASH OVER YOU, GENTLY.
LET PEACE FILL YOU, LET PEACE FILL YOU, LET PEACE FILL
YOU, COMPLETELY.

~words and music by Agnieszka Helena Wolska

TSAA periodically offers opportunities for members of the general public to experience the “song-bath” of Threshold Choir songs. “A Gift of Song” is held once or twice a year, usually in a local place of worship. For an hour-plus, attendees can relax into the harmonies and rounds sung by twenty or so TSAA members. Several reclining chairs are available to attendees throughout the room to enhance the experience. On a number of songs, attendees are invited to sing along. It’s “our gift to our community,” says TSAA founder Tammy Renner. “It is an opportunity to receive our songs in a meditative, gentle, loving circle.”

“My decision to join was based on feeling that ‘shiver down my spine’ when I heard about the choir. And it has been a commitment of the heart ever since.”

~Karen Mori



TSAA has also created “Singing for Comfort,” now an independent event sponsored by the Interfaith Center for Spiritual Growth in Ann Arbor. Once a month, anyone can come spend an hour singing songs from the Threshold repertoire, and other similar songs.

“The ability to share that experience of homegoing with people in the process of dying gives me hope that I am paving the way for others to share the same with me when it is my turn,” says Edie Lewis, a TSAA member. “This singing is a way to embrace that common normal experience, and help each other make the transition, no matter who we are or who they are,” says TSAA’s Pat Shalis.

Threshold Singers of Ann Arbor welcomes requests for singing at bedsides and for other times of transition. Contact information can be found at <http://thresholdofannarbor.org>. Information about Threshold Choir International is at <https://thresholdchoir.org>. There is no charge for Threshold Singers’ services. Information about Singing for Comfort can be found on Facebook.

Spiritual Development (cont.)

Healing and Ascension Monthlies with Eve Wilson • Every fourth Thursday, beginning May 30, 7:30-9:30 p.m. • Healing and ascension meditations to keep your spirit and soul alive. Six classes designed to help you heal, integrate your Higher Self, clear soul contracts, and help your soul group and the world ascend and heal. \$50/class. Contact Eve at 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

The Four Desires with Laurie Dean • Friday-Sunday, June 7-9 • Discover your dharma, or purpose, and tap into the innate desire to become who you were meant to be. Are you living from a place where your best self is being expressed? Join us as we delve into this work together over three days of discussion and activities designed to help you live the life you are meant to live. *The Four Desires* book is not included, please purchase before event. \$325. Contact Courtney at 726-0086; veraposeyoga@gmail.com or veraposeyoga.com.

Developing Your Psychic Ability with Beverly Fish • Saturday, June 8, 6-9 p.m. • Learn how to tap into your psychic ability through meditative exercises and techniques. You will also learn how to use protection against negative entities. \$39. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Discovering Mysticism in Our Call to Action with Arlene Kosmatka, Patrick Henry, and C. Vanessa White • Monday-Friday, June 24-June 28 • Arlene Kosmatka presents "Dorothy Day—Haunted by God: Dorothy’s Response," Patrick Henry presents "Daniel Berrigan: Rebel With a Cause," and C. Vanessa White presents "Thea Bowman: Active Contemplative Mystic." These three presenters explore the mystic roots of these activists' lives. \$220/commuter. \$320/double (per person). \$420/single. Registration required. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Connecting With Archangels with Karen Greenberg • Sundays, June 7, 21, 28, 12-4 p.m. • Become acquainted with the various Archangels represented in the Sephirot Spheres in the Tree of Life. Learn who the Archangels are, what they do, and whom to call on for particular assistance and how to safely call upon them. \$125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Weekly Zohar (*The Book of Radiance*) Study with Karen Greenberg • Sundays, beginning May 5, 8 p.m. • Please join us, from the comfort of your own home, for a weekly study of the hidden, mystical Kabbalistic meanings, particularly from the Old Testament and the Five Books of Moses, via conference call 1-302-202-1108. \$40/month. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

The art of peaceful living comes down to
living compassionately & wisely.

— Allan Lokos

Lightworker Activation with SANDYA—Sandra Shears • Wednesdays, 7 p.m. • As a Lightworker or World Server, you have incarnated at this time in order to facilitate the transition into the next age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Ongoing commitment required. \$100/month prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Monthly Oral Torah Study (Midrash) with Karen Greenberg • Begins Monday, June 17, 6:30-9:30 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory. It is rich, colorful, detailed, and elucidates complexities that lend themselves to a much deeper comprehension and thus more sensitive codes of behavior toward humanity and all living things. \$150/month. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Lightworker Development with SANDYA—Sandra Shears • Third Fridays. Individual set-up the previous week • Group lightwork with current spiritual, astrological, and energy events - includes energy adjustment and activation with a sound attunement. Ongoing commitment required. \$100/month prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Storytelling

Story Night with the Ann Arbor Storytellers’ Guild at Crazy Wisdom • Thursdays, May 9, June 13, July 11, Aug. 8, 7-9 p.m. • Listen to old tales and new during an evening of adult stories. Ann Arbor Storytellers’ Guild members perform for the first hour. For the second half of the program we will be bringing in something new—come find out what we’re up to! Free. Donations welcome. Contact the Guild at annarborstorytelling.org

Ann Arbor Storytellers’ Monthly Guild Meeting • Sundays, May 26, June 23, July 28, Aug. 25, 2-4 p.m. • Meetings always start with stories, and then, more stories! Listeners and tellers welcome. Free. Contact the Guild at annarborstorytelling.org.

CALMING, RESTING, BREATHING, I LAY MY BURDENS DOWN.

~words and music by Patricia Hallam



The Wild Swan Theater was co-founded by Hilary Cohen and Sandy Ryder in 1980 and since then the company has produced over 200 theater productions for the young. Their most recent season is just wrapping up with a production of Charlotte's Web. Wild Swan Theater productions can be seen at Towsley Auditorium on the campus of Washtenaw Community College. They also offer educational opportunities and summer camps for children ages four through twelve, and workshops including: participatory workshops for elementary through high school, drama activities designed especially for participants with varying abilities including deaf, blind, mobility impaired, and developmental disabilities, and teacher training workshops. To learn more about current and past shows, camp, or workshop opportunities please visit wildswantheater.org

Stress Management

Embracing the Peace Within You with Melanie Fuscaldo • Friday, May 3, 12-1:30 p.m. • Tune into messages from body, mind, and spirit to learn effective strategies to enhance wellbeing, identify unique stressors, and leave with coping strategies to enhance effectiveness. \$40. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Teaching Mindfulness to Youth: A Two-Day Training Intensive with the Michigan Collaborative for Mindfulness in Education • Aug. 7-8, 8:30 a.m.-5 p.m. • Designed for professionals with a practice, or experience, in mindfulness. Instruction will be given on teaching students how to direct and focus their attention, recognize and manage their emotions, and develop more caring and positive relationships. Participants will practice teaching these activities to each other with supervision and guidance from instructors. Following the workshop, attendees will have access to two hours of virtual group coaching sessions. \$195-235. Contact Kristin at (248) 770-4782; kristinervin@gmail.com or mc4me.org.

Sustainability

Natural Building/Sustainable Skills Internship and Worktrade with Deanne Bednar • May, June, July, or Aug. • One-month onsite program at Strawbale Studio on rural land one hour north of Detroit. Experience the basics of thatching, reed collection, earth plastering and sculpting, round pole framing and rocket stove construction. Fireside lectures include site, house design, and code info. Also explore fermenting,

whittling, and other sustainable skills. \$950/intern, \$850 one month in advance, Half price/worktrade. Contact Deanne at (248) 236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Rocket Heater Workshop with Uncle Mud (aka Chris McClellan) and Deanne Bednar • Saturday-Sunday, June 14-15 • Create useful heat efficiently from local materials. Tour buildings and stoves onsite. Hands-on: mockup of Rocket Stove combustion unit, model of an Earth Oven plus mix cob and finish plaster. \$300/person. \$350/pair of people. Contact Deanne at (248) 236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Joy of Foraging - Wild Edible Plants and Mushrooms with Deanne Bednar and Kelly Theide • Sunday, May 5; Saturday, May 18, 1-5 p.m. • Enjoy a day in the woods and fields. We will find, ID, and discuss the uses of wild edible plants and mushrooms. \$30-45. Contact Deanne at (248) 236-5432; strawbale.programs@gmail.com or strawbalestudio.com.

Wild Plant Forage and Feast with Deanne Bednar and Kelly Theide • Sunday, May 19, 1-6 p.m. • Harvesting wild plants and mushrooms for a simple meal integrating our finds. We'll walk through the meadows, lawns, and woods meeting the plants, identifying them, and learning their uses. Then we will bring back our finds to make a simple, tasty meal with vegetarian and gluten free options. \$30-45. Contact Deanne at (248) 236-5432; strawbale.programs@gmail.com or strawbalestudio.com.

Full Moon Potluck and Bonfire with Deanne Bednar • Monday, June 17, 6-11 p.m. • Join together to enjoy nature and the company of others. Family friendly. Begins with a tour of thatched buildings, earth ovens, and rocket stove while learning about the various offered programs. Then enjoy a potluck and bonfire. Donations accepted. Contact Deanne at (248) 236-5432; strawbale.programs@gmail.com or strawbalestudio.com.

Tai Chi, Martial Arts & Self Defense

Tai Chi Chuan for Beginners with Steven Harrigan • Wednesdays, May 8-June 16, 6-7:15 p.m. • Is tai chi chuan an exercise for health and relaxation, or a martial art? The answer is both. In this beginning Yang-style class, you'll learn techniques to promote relaxation of the mind and body, centering, better balance, concentration and improved health. Tai chi chuan may also facilitate academic, intellectual, and conceptual learning. \$165. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Qigong Meditation Basics 3 and Iron Shirt Qigong 1 with Steven Sy • Saturday-Monday, May 18-20 • Qigong Meditation Basics T3 is a set of meditations designed to balance the upper/lower parts of the body in a grounded way. Iron Shirt Qigong 1 is a system of standing meditation designed to ground the body, both physically and emotionally, and to strengthen the physical body's fascia (connective tissue). Prerequisite: Qigong Meditation Basics 2. \$375. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Tai Chi Qigong 1 and Qigong Meditation Basics 1 with Steven Sy • Aug. 2-7 • Tai Chi Qigong 1 is a rooted movement form designed to stabilize one's emotions while strengthening the physical body. Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detox negative emotions, balance one's inner energy, and rejuvenate the body. No prerequisites. \$595. Contact Steven at 517-295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Refine Tai Chi Qigong 1 and Qigong Meditation Basics 2 with Steven Sy • Aug. 8-13 • Refine Tai Chi Qigong 1 is a refinement training of the Tai Chi 1 form, a rooted movement form designed to stabilize one's emotions while strengthening the physical body. Qigong Meditation Basics 2 is a set of meditations designed to promote relaxation, feed the kidneys, generate healing qi, and break up blockages along the microcosmic orbit pathway. Continuation of previous course. \$595. Contact Steven at 517-295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Beginning Tai Chi with Master Wasentha Young • Mondays, 10-11:15 a.m.; Tuesdays and/or Thursdays, 7:15-8:30 p.m. • The Tai Chi form is a series of postures linked together in a continuous, fluid manner. As an internal Chinese martial art, the form focuses on self-cultivation, integrates both physical and mental energy mechanics, promotes relaxation, and builds a sense of presence and awareness. Tai Chi is often characterized as a moving meditation. Register for one class and you can attend all four sessions per week. \$195. Contact Wasentha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Wu Style Tai Chi Chuan with Genie Parker • Mondays 11 a.m.-12:30 p.m., 6 p.m., Wednesdays and Thursdays, 6 p.m., Sundays, 4 p.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. \$45/month for one class/week, \$70/two or more classes/week. Student, senior, and family rates available. First class free. Contact Genie at (248) 229-1060; wustyleannarbor@gmail.com or wustyle-annarbor.com.

Tai Chi for Mobility Maintenance and Multi-Level Tai Chi with Karla Groesbeck • Mondays, 1:30-2:30 p.m.; Tuesdays, 9:30-11 a.m. and 6:40-7:40 p.m.; Wednesdays, 9-10:30 a.m.; Thursdays, 9:30-11 a.m.; Fridays, 1-2 p.m. • Yang Tai Chi and Silk Reeling classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. These are peaceful, flowing, low-impact exercises, well suited for calming, centering, and mobility maintenance. Prices vary. Seniors free. Contact Karla at 325-4244; karla@taichilove.com or taichilove.com.

Chen Tai Chi Ch'uan with Joe Walters • Mondays, Thursdays, 5:30-6:30 p.m., Saturdays 10-11 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness. Instruction in stance training, silk-reeling exercises, and Chen forms. \$10/visit. \$85/month. First class free. Contact Joe at 761-8786; annarbortaiichi@gmail.com or annarbortaiichi.com.

Tai Chi Playground with Karla Groesbeck • Mondays, 6:30-7:30 p.m. • Traditional and non-traditional Yang solo and two-person. Simplified 24, Yang 28 and 108. Fixed feet Tui Shou and moving feet non-competitive San Shou. Gentle push hands. Weapons: staff and sword. Multiple teachers and assistants. \$64/8 weeks. Contact Karla at 325-4244; karla@taichilove.com or taichilove.com.

Morning Tai Chi with Master Sang Kim • Monday through Friday, 7-8:30 a.m. • Happiness is not a circumstance, it is a cultivation. When you practice Tai Chi, you get to know a part of you that was hidden and you have been looking for all your life: the power and potential that your mind and body are really capable of. \$225/month. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi with Diane Evans • Tuesdays, 9 a.m.; Wednesdays, 10 a.m.; and Thursdays, 6 p.m. • Tai chi classes at varying levels including a beginner group and continuing for those with more experience. \$21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

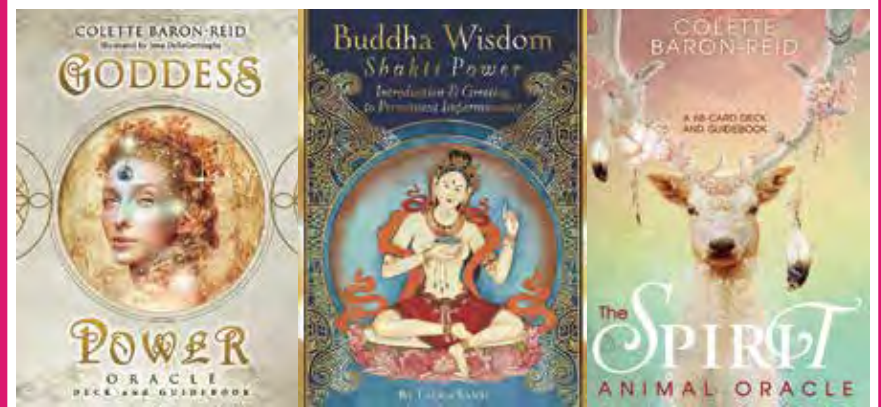
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Tai Chi Pushing Hands with Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive Tai Chi training which helps you experience the world in a nonreactive and calm way, find freedom and power within yourself, and interact with others without compromising yourself. \$70/month, \$21/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi for Arthritis with Jan Katz • Thursdays, 1-1:50 p.m. • Medical studies have shown this particular program to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls for older adults. Although especially effective for arthritis, it is a great start for beginners to improve health and wellness. \$50/month or \$17/drop-in sessions. Contact Alexis at 531-8796; info@sunshen.org or sunshen.org.

Tai Chi Beginners with Master Young and Sifu Carey • Mondays, 10-11:15 a.m.; Tuesdays, 2:30-3:45 p.m.; Tuesdays/Thursdays, 7:15-8:30 p.m. • Learn the first third of the Yang Style Short Form. Focus on relaxation, meditation in motion, coordination, and cultivation of energy. \$185. Contact Wasentha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

SUN SHEN Basic Tai Chi Form with Alexis Neuhaus • Mondays, 6-7 p.m. • Build a solid foundation in Tai Chi principles in an intimate setting, with guidance and personal adjustment in the SUN SHEN 35 Form. As you learn the sequence and details of the Form, you will experience the calm, effortless power which comes from relaxed focus. \$55/month, \$17/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • From the slow Tai-Chi form, which activates balance and calm, to playful Pushing Hands, which gives safe, gentle outlet to explore themselves, to meditation techniques which they can use in the classroom and at home. This class invites kids to learn about themselves and introduces them to skills that will bring them a lifetime of happiness. Available to children from 5-17. \$70/month, \$21/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Martial Arts Classes with Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete information, contact 761-6012; hv-aikido.com.

Tai Chi, Martial Arts & Self Defense (cont.)

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as “the way of harmony with nature or universal energy.” Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strike harmony with nature. Children’s classes offered also. Contact 662-4686; aikidoyoshokai.org.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children’s classes offered also. Contact 994-3620; a2amas.com.

B.C. Yu Martial Arts Center • Ongoing classes • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. Children’s program teaches life skills. Contact 994-9595; questions@bcyu.com or bcyu.com.

Tarot & Divination

Drop-in Ancient Priestess Readings with Sarah Bennett • First and Third Sundays, 12-3 p.m. at Crazy Wisdom • Sarah is an ancient priestess and an experienced shamanic practitioner of the divine realms and ancient ancestral wisdom. Her readings will provide heart opening clarity and peace and will help you connect more deeply within your own intuitive knowing as well as how to heal from spiritual illnesses. \$1.50/minute. No appointment necessary. Contact (810) 357-8798 or sarah@death-forlove.com.

Drop-in Tarot/Psychic Readings with Kathy Bloch • Tuesdays, 5:30-8:30 p.m. at Crazy Wisdom • \$1.50/minute. No appointment necessary. Contact 663-0435.

Drop-in Tarot/Psychic Readings with Rebecca Williams • Thursdays, 6-9 p.m. at Crazy Wisdom • \$1.50/minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-in Intuitive Tarot with Gail Embery • First and Third Fridays, 6:30-9:30 p.m.; First and Third Sundays, 3-6 p.m. at Crazy Wisdom • Gail Embery has many years of experience as a Tarot Reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed professional counselor. \$1.50/minute. Contact 655-7694; emberyg@yahoo.com or reading-swithgail.com.

I-Ching - Throwing the Sticks with Wasentha Young • Saturday, May 4, 2:30-5:30 p.m. • Developed over 2000 years ago, the I Ching is a Chinese book on cause and effect, the illusion of duality, as well as triad relationships. During this session you will explore the 50 stalk method of calculating a personal reading. The stick method is a meditative method that shows you a path to your archival wisdom. Bring 52 five-seven inch sticks - yarrow sticks are most common, but you can use any sticks. \$100. Contact Wasentha at 741-0695; info@peacefuldragonschool.com or peacefuldragon-school.com.

Tarot as Therapy with Conrad Welsing • Tuesday, May 7, 6:30-8:30 p.m. • Discover how to use the imagery and symbolism of tarot to discern personal beliefs, impacting our lives in negative or positive ways. Use the Lenormand deck to support insight, with a perspective about one’s past, present, and future. The explicit nature of these cards make their meaning easy to decipher. \$39. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Tea Events

Mother’s Day Tea with the Fairies at Crazy Wisdom • Sunday, May 12, 1 p.m. seating only • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. \$11. Contact Stevie at stevie@crazywisdom.net.

Theater

Trending Now: A Sketch Comedy Show on Fans, Fashion, and Fandom with The Neighborhood Theatre Group • May 10-12, 16-19 • Neighborhood Theatre Group is closing out the season with a brand new sketch comedy show exploring all your favorite trends from all your favorite decades. \$10/online. \$12/at door. Contact NTG at neighborhoodtheatregroup@gmail.com or ntgypsi.org.

Therapy and Support Groups

Psychedelic Integration Circle • Second and Fourth Wednesdays • Psychedelic integration offers non-judgmental support to those who are curious about, planning on, or have previously explored altered states of consciousness through psychedelic substances. It is a safe space to acquire information, explore options, clarify intentions, learn educational tools, process the journey, find meaning and words for inexplicable visions, understand difficult trips, and translate the insights into daily steps that will enable you to release, heal, grow, find your purpose, and live your truth. All are welcome. \$20. Contact Julie at 985-0606; transpersonal-healingmichigan@gmail.com or Facebook.com/TranspersonalMichigan.

Thermography

Adelpha Breast Thermography with Linda • Wednesday, May 8, 11 a.m.-5 p.m. • The safest, noninvasive breast imaging technique showing earliest detections of functional physiological changes in breast tissue. Measures heat emissions and displays for computer analysis. No contact, no pressure, and no pain. \$165. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Women’s Health

Happy Hour Acupuncture/Open House with Kristin Whitfield • Mondays, May 20, June 24, July 22, Aug. 26, 4-6 p.m. • WomenSafeHealth Happy Hour Acupuncture. Come relax with calming music and refreshments in our community space with other women for relaxation acupuncture. Free. Contact Emma at 477-5100; info@women-safehealth.com or womensafehealth.com.

Work & Right Livelihood

Living Your Career Dream with Melanie Fuscaldo • Thursday, May 2, 1-2:30 p.m. • Explore your unique gifts to share with the world. Set action steps to begin to live your career dream. \$40. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Doula Business Development Training with Patty Brennan • Saturday, July 20, 8:30 a.m.-5 p.m. • Learn about thinking like an entrepreneur, establishing your value, acing the interview, marketing on a budget, optimizing your website, online marketing tips, how to network effectively, goal setting and other implementation strategies, time management, and more. Learn from the author of *The Doula Business Guide* and *The Doula Business Guide Workbook: Tools to Create a Thriving Business*. 7.0 DONA continuing ed. hours. \$215. Early registration discount. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Writing & Poetry

Crazy Wisdom Poetry Series hosted by Joe Kelty, Ed Morin, and David Jibson • Second and Fourth Wednesdays, 7-9 p.m. in the Crazy Wisdom Tea Room • Second Wednesdays are poetry workshop nights. All writers welcome to share and discuss their own poetry and short fiction. Sign up for new participants begins at 6:45 p.m. Fourth Wednesdays have a featured reader for 50 minutes and then open mic for an hour. All writers welcome to share. Sign up begins at 6:45 p.m. Free. Contact Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.

- **May 22 • Marilyn Rashid**, a senior lecturer in Spanish at Wayne State University, has been active in the peace and environmental movement. Her poems have appeared in *Nimrod*, *Comstock Review*, *The MacGuffin*, and *Runes*. Her translations of poems by José Jiménez Lozano have appeared in many journals, and she has performed them often in readings.
- **June 26 • William Teets** is a poet born in Peekskill, NY, currently living in Waterford, MI. He is author of the memoir, *Upside Down (One on the House)*, and the novel, *Reverend Went Walking*. His poetry collection, *Before The Flood*, resonates with Americana and religiosity. His journal publications include *Chronogram* and *Art and Life*.
- **July 24 • Ian Haight** is an author, translator, and editor who graduated from U-M’s Residential College, worked with the UN, was a tenured professor at a Korean university, and now resides in Germany. His book, *Celadon*, won the First Book Prize in Poetry from Unicorn Press. He communicates an international, spiritually-minded aesthetic. Visit ianhaight.com.

Finding the Writer Within with Frances Wang • Sundays, May 5-June 9, 12-2 p.m. • Do you need help releasing the creativity within you? As we explore a variety of tips, tricks, exercises and more, you’ll overcome barriers and learn to use your own unique voice and writing style. \$125. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

The Birth of the Doula Agency

Why Hiring a Doula Agency Might be the Right Choice for Your Family



By Jodi Long

A doula is a professional who is trained in childbirth and the norms of the childbearing months. A doula provides emotional, physical, and educational support to a mother who is expecting, is experiencing labor, or has recently given birth. The use of doulas has risen dramatically across the United States as more data becomes public about the rising rates of unnecessary intervention in childbirth, the increasing rate of cesarean section delivery, and how a doula can help lower the rates of both. With so many choices when it comes to hiring a doula, how does one decide?



The use of doulas has risen dramatically across the United States as more data becomes public about the rising rates of unnecessary intervention in childbirth, the increasing rate of cesarean section delivery, and how a doula can help lower the rates of both.

To meet the rise in popularity of the doula, many new doulas are being trained all across the nation. The last time I searched, there were more than 67 training organizations in business. However, many new doulas are discovering some of the drawbacks of our chosen career, including: long hours, no back up if they're ill, and no support after a difficult birth. On top of that there is the additional responsibility of having to advertise, run a business, and *build* a reputation all on their own.

Enter the birth of the Doula Agency. Ann Arbor has a few of these new business models cropping up. The benefits of the doula agency are many and have provided answers to the questions and concerns of the independent doula. Agencies are often run by experienced doulas that take the hand of newer, less experienced doulas. They train and support them as they learn the ropes in the doula world. It's like having a built-in mentor who can offer advice, guidance, and support in the difficult times. The agency may also be a great way for a new doula to get their feet wet without fully committing to the entrepreneurship involved in running a business.



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The agency model often still gives the independent doula an opportunity to set their own schedule and the number of births they'd like to attend each month. However, it also allows for backup during long births, difficult births, or in case of illness or injury. In the agency model, doulas are typically paid per birth or paid a portion of each contract signed. Backups who are called in are often paid out of the agency's funds or work with the original doula for a fair amount in return for standing in. This means that doulas who attend a birth that lasts a long time (which is normal, especially for first time moms) can tag team with another doula before she gets fatigued— potentially making a mistake or starting to fall asleep.

In addition, an agency is usually run by a doula(s) that has already built a reputation of reliability, trustworthiness, and a rapport with providers in local hospitals who know they will be supportive and not disruptive during a birth. The good reputation of the doula is the key to a long, fruitful business in the community!



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The benefits to new moms who hire an agency include: less worry about having coverage during birth, having multiple doulas and multiple resources at her fingertips, and knowing that she is choosing doulas with a solid reputation. All Mom will need to do is focus on having the best possible outcome for her labor and birth. In 2019, a mom-to-be and her partner can search for "doulas" online and find numerous agencies that offer services with a minimum of two and up to five doulas. This means less searching and fewer phone calls to make around town to find the perfect doula for your family.

Jodi Long is a Childbirth Educator, Birth and Postpartum Doula, and owner of Ann Arbor Doulas. She lives in Brighton, is a wife, and is a mom to two girls and a Corgi named Griffin. Visit Ann Arbor Doulas online at annarbordoulas.com or give them a call at 734-834-6751, or email: info@annarbordoulas.com.



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Writing & Poetry (cont.)

“Deepening Your Writing” Manuscript Workshop with Julie Mariouw • Sundays, June 9, 23; July 14, 28; Aug. 11, 25, 1-3:30 p.m. • For those who wish to deepen and broaden their work—fiction or nonfiction—and move toward eventual publication. \$200. Contact Julie at 730-6175; julie@wellspringwritingworkshops.com or wellspringwritingworkshops.com.

Introduction to Creative Nonfiction with Frances Wang • Saturday, May 4, 9:30 a.m.-3:30 p.m. • Creative nonfiction is one of the most popular genres of writing right now and encompasses many forms, including essays, journal articles, research papers, memoirs, poems, and prose. The key to creative nonfiction is the use of literary techniques to tell nonfiction stories in a way that is dramatic and compelling. You will get to try several different techniques and styles in order to find the best way to tell your stories, to make them personal and to make them memorable. \$75. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Yoga

Using Props • Sunday, May 19, 1-3:30 p.m. • Confused about how to do certain yoga poses or do you just avoid them because they don’t work for you? Come find out how props can help change your practice, your body, and your life. \$45. Contact Sue at 622-9600; sue@yogaspacennarbor.com or yogaspacennarbor.com.

Inward Bound Yoga at Friends Meetinghouse • Spring session begins May 13, Summer begins June 24 • Variety of approaches to yoga, including Hatha, Prenatal and Postnatal, Ashtanga, and several flow classes coordinated with music. For class descriptions and fees, see website: ibyoga.com.

Yoga Classes with Sue Salaniuk, Sally Rutzky, Susan Bellinson, and Pam Lindberg • Daytime, Evening, and Saturday classes • Yoga for awareness, balance, and transformation. Iyengar Certified teachers. Individualized instructions to help students learn and progress. \$14/class. \$20/drop-in. Contact Sue at 622-9600; sue@yogaspacennarbor.com or yogaspacennarbor.com.

One-Day Silent Meditation Retreat with Triple Crane Monastery • Fourth Sundays, 9 a.m.-5 p.m. • Spend a day away from hectic city and find inner peace and relaxation at suburban monastery. Retreat starts with 30 minutes stretching followed by intervals of one-hour sitting meditation and 30 minutes of walking meditation/ yoga. Discussion and Q&A. Light lunch included. Free. Contact Winnie at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

Yin Yoga and Meditation with Triple Crane Monastery • Sundays, 1-2:30 p.m. • Starting with five minutes of Huayen warming up exercise, followed by 45 minutes of Yin yoga and 30 minutes of sitting meditation. Free. Contact Winnie at 757-8567; triple.crane@huayenworld.org huayenworld-usa.org/usa.

Open Level Yoga with Michele Bond • Sundays, 4-5:30 p.m., Thursdays, 6-7:30 p.m., Saturdays, 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$14 preregistered. \$18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Mondays, 4:30-5:30 p.m., 6-7:15 p.m.; Tuesdays, Thursdays, 9:30-10:45 a.m., 4:30-5:30 p.m., 6-7:15 p.m.; Saturdays, 8:30-9:45 p.m. • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Iyengar Yoga with David Rosenberg • Mondays, 6-7:30 p.m.; Thursdays, 7-8:30 p.m.; Saturdays and Sundays 10-11:30 a.m. • Experience invigorating yoga postures using the methods of B. K. S. Iyengar to strengthen the body, create a feeling of wellbeing, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes use of yoga props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. \$99/eight classes. Contact David at 646-4195; massage4@aol.com or aareced.com.

Gentle Yoga Exploration with Ann Arbor School of Massage Staff • Mondays, 6:30-7:30 p.m. • Gentle stretches and yoga poses in a group designed to accommodate those either new to yoga, or desiring of a peaceful and low impact class, to bring flexibility to shoulders, neck, hips, back, and relieve pain caused by tension. \$10/class. \$64/eight class series. Contact Mary at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Hatha/Restorative Yoga with Swami Lalitananda • Mondays, 7-8:30 p.m. • This class uses quieting yoga sequences to help de-stress and restore the body. The movements calm the nervous system and bring subtle energies back into balance. Please bring a yoga mat. \$15. Contact Kashi at 883-6947; lalitananda@kashinivas.org or kashinivas.org.

Classical Hatha Yoga with Triple Crane Monastery • Mondays, 10-11:30 a.m.; Wednesdays, 6-7:30 p.m. • Start with a five-minute warm-up exercise, then one hour of custom yoga poses. Class emphasizes incorporating one’s body movements and breathing. Primarily focused on physical discipline, body strengthening, increasing vital life force, and calming one’s mind. Free. Contact Winnie at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

Qigong Self-Care Energy Work with Wasentha Young • Mondays, 9-10 a.m., Tuesdays and Thursdays, 6-7 p.m. • Self-care techniques that will help to give you an energy cleanse and revitalize your sense of well-being. Focused on energy work, stretches, breathing, meditations, alignment, and acu-points. Register for one class and you can attend all three sessions per week at no extra cost. \$195. Contact Wasentha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Compassionate Yoga with Mary Seibert • Tuesdays, 5:15-6:15 p.m. • Hatha Yoga is appropriate for beginners and seasoned students. Emphasis on mindfulness, breath, postures, strength, and balance. \$13/registered. \$15/drop-in. Contact Mary at 323-2520; mvsa2mvs@gmail.com or compassionateyoga.info.

Yoga Essentials with Michele Bond • Tuesdays, 6-7:30 p.m. • For those new to yoga, or new to this system, learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun. \$14/registered. \$18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga for Athletes with Michele Bond • Wednesdays, 6-7:30 p.m. • This method will bring balanced muscular action, power, lightness, and spring to your sports performance, as well as grace and ease to daily movement. Enhance core strength, decrease risk of injury, and learn to heal pre-existing injuries with indispensable tools for anyone who likes to play hard. \$14/preregistered. \$18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Step outside for a while— calm your mind. It is better to hug a tree than to bang your head against a wall continually.
— Rasheed Ogunlaru

Restorative Yoga with Swami Lalitananda • Thursdays, 6:30-8 p.m. • Designed to soothe and refresh the body and soul using props and guided meditation. Please bring a yoga mat. \$15. Contact Kashi at 883-6947; lalitananda@kashinivas.org or kashinivas.org.

Friday Night Yin with Verapose Yoga and Meditation House • Fridays, May 3, June 7, July 5, Aug. 2 • Slower, more meditative practice characterized by gentle postures held for several minutes. These postures are designed to release tension and gently stress the connective tissues that make up our joints. Perfect for beginners. \$5. Contact Courtney at 726-0086; veraposeyoga@gmail.com or veraposeyoga.com.

Yoga Happy Hour: Basics and Restorative with Michele Bond • Fridays, 6-7 p.m. • An easy, gentle practice is exactly what your mind/body/spirit craves at the end of a long week. Feel your stress melt away as you relax by candlelight in our peaceful setting, surrounded by the inspiration of nature. \$11/registered. \$13/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Class with Zen Buddhist Temple • Tuesdays, beginning May 7, 6:30-8 p.m. • Beginning and experienced students in the classes learn traditional yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization, and combine that experience with meditation training. \$60/all six sessions. \$12/session. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Yoga Classes with Abby Dawson • Second to Last Sundays, 5 p.m. • Free yoga class offered on the second to last Sundays. Open to all experience levels. Learn more about the practice and re-energize for the week in this peaceful, hour-long class. Free. Contact Lisa at 369-8255; lisa@omofmedicine.org or omofmedicine.org.

Yoga Classes at The Yoga Space • Various class times • Offering beginner, intermediate, advanced, and senior classes. Classes are an hour-and-a-half. \$108/seven weeks. Contact Sue at 622-9600; sue@yogaspacennarbor.com or yogaspacennarbor.com.

Yoga Classes with Imagine Fitness • Mondays, 9:30 a.m and 6 p.m.; Tuesdays, 6 p.m.; Thursdays, 11 a.m.; Fridays, 12 p.m. • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. \$21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga (cont.)

Holistic Yoga Classes with Ema Stefanova • Jan. - Apr. • Each class covers a different topic. Contact Ema at emastefanova@cs.com or yogaandmeditation.com.

Yoga Flow at the Farm with Carole Caplan • Tuesdays, 10-11:30 a.m.; Sundays, 9-10:30 a.m. • Traditional Kriya Hatha postures and techniques with an emphasis on alignment, breath, and philosophy. Small classes offer individual instruction. \$10/class drop-in; \$90/ten-week session. Contact Carole at 847-922-9693; carolecaplan@livebychoice.com or livebychoice.com.

Open Level Hatha Yoga with Ema Stefanova • Wednesdays, 9:30-10:30 a.m. • This class is for new and continuing students. Increase core and overall strength and flexibility. Therapeutic breathing techniques and relaxation are included in each session. \$75/five \$150/eleven. Contact Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Drop-in Gentle Yoga and Meditation with Erica Dutton • Wednesdays, optional meditation 10:30-11 a.m., yoga 11 a.m.-12 p.m. • Iyengar Yoga for all levels, no experience necessary. Gentle enough for those with back and other body issues. Please bring a yoga mat and wear loose clothing. Donations welcome. Contact Erica at 417-4385; eld0306@yahoo.com or enlightenedsoulcenter.com.

Intro to Kundalini Yoga and Meditation with Mohinder Singh • Wednesdays, 6 p.m. • Kundalini Yoga is the Yoga of Awareness. Yoga means union; this union is with your inner true self. Everyone is welcome—Sat Naam. \$12-20. Contact Mohinder at 276-6520; starbillie@gmail.com or a2kundaliniyoga.com.

Yin Yoga with Pure Hot Yoga Studio • Thursdays, 12 p.m. • Yin Yoga increases circulation in the joints and improves flexibility. It is a slow-paced style of yoga with postures that are held for longer periods of time ranging from 45 second to two minutes. Yin Yoga brings about a meditative awareness of inner silence which is good for beginners. \$49/new student special. Contact Lora at purehotyogaa2@gmail.com or purehotyogaa2.com.

Shifting Perspectives with Inversions with Brad Waites • Saturdays, 1:30-4:30 p.m. • Learn why inversions are the Queen and King of Asana. For teachers of all traditions seeking resources to deepen their classes. YA continuing credits apply. \$75. Contact Raisha at 989-284-1042; raisha@purnayogaannarbor.com or purnayogaannarbor.com.

Deep Centering with Ema Stefanova • Ongoing classes 5:30-6:30 p.m. • Classes are designed to effectively relieve stress at a deeper level, both in the body and in the mind. Experience a sense of harmony and centering. Dynamic posture sequences are followed by systematic relaxation and visualization at the end. \$75/five sessions. \$150/eleven. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 p.m. • Practice Hatha style yoga with the furry feline masters at Ann Arbor’s own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals—proceeds help the homeless animals in our community. \$10. Tenth class free! Contact Karen at 661-3530; tinylions@hshv.org or tinylions.org/yoga.

Rise and Shine Yoga with Michele Bond • Fridays, 7-8:15 a.m. • The class begins with candlelight as the sun rises over the nearby treetops and ends in the full light of the new day. Mixed-level practice. \$14/registered; \$18/drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Rise and Shine at Nine with Michele Bond • Thursdays, 9-10:15 a.m. • Includes the goodness of the original Rise and Shine class but at a later hour. \$14/registered; \$18/drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Gentle Yoga with Marlene McGrath • Ongoing Classes • Expanded offerings of gentle yoga classes designed for students who want a more supported and slower-paced class. These classes feature props and modifications to promote elasticity, strength, and stability for those who may have mobility, stamina, or balance issues. Suitable for beginners or experienced students. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or marlenemcgrathyoga.com.

Prenatal and Postnatal Yoga with Marlene McGrath • Ongoing Classes • These classes are designed to support the changes of a pregnant body, instill confidence in the body’s abilities, and provide physical, mental, and emotional preparation for birth and mothering. Postnatal yoga is practiced with babies present. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Iyengar Yoga at Yoga Focus with Karen Ufer • Day, Evening, and Weekend classes • All levels of classes are taught including gentle, new beginner, and prenatal. All props are provided. Instruction in Iyengar method is invigorating, safe, and enhances wellbeing. \$18/drop-in; \$15/class for session. Contact Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Harmony Yoga of Ann Arbor: Iyengar Yoga Classes with Karen Husby-Coupland • Ongoing classes • Classes for beginners and for more experienced yoga students, as well as gentle yoga for those who prefer a supported, slower-paced approach to the practice of yoga. \$18 class (discounts for multiple classes). Contact 222-9088; karen@harmonyyogaannarbor.com or harmonyyogaannarbor.com.

Intensely Gentle Yoga with Patty Hart • Ongoing classes • These classes are for those seeking a slower-paced class, those who are new to yoga, or those needing more adaptation for postures using props. Students are encouraged to develop a deeper sense of self-observation and concentration by focusing on their breathing while moving into, sustaining, and exiting poses. Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Iyengar Yoga Classes with Laurie Blakeney • Ongoing classes • Safe, transformative, and educational instruction in the art of practicing yoga asanas (postures). Call for session rates and drop-in fees. Call 663-7612; aasylaurie@gmail.com or annarborschoolofyoga.com.

Iyengar Yoga with Kirsten Brooks • Ongoing classes • These classes will follow the teachings of B. K. S. Iyengar to explore the subject of yoga through the lens of physical poses. No prior yoga experience necessary. \$120, regular fee or pay what you are able. Call Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.



Artwork by Ani Daher

With a contagious spirit and dedication to helping others Jules Cobb, MA, LPC, is a counselor at the Dawn Farm Youth & Family Services Program. Originally from England, Jules made Ann Arbor her home after graduating from Eastern Michigan University with a Masters in Counseling in 2007. One of the ongoing programs that Jules has helped coordinate over the past eight years is Teens Using Drugs: What To Know and What To Do. This is a free, ongoing, two-part series that helps teens and their families identify and address teen alcohol and drug use and create a positive attitude toward obtaining help. Jules is able to work with any youth recommended for treatment. Learn more about the programs at Dawn Farm in our calendar section under the heading Addiction and Recovery on page 92.



Teachers, Lecturers, Workshop Leaders, and the Centers

Aaron is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime he was a vipassana meditation master, but he has lived in many different bodies and followed many spiritual paths. He is channeled by Barbara Brodsky.

Linda Adamcz, MSW is a Certified Practitioner of Integrative Breathwork and Psycho-Spiritual Integration. She has worked in the mental health field for nearly 30 years.

Jeanne Adwani is the co-founder and Creatrix of Evenstar's Chalice.

Erik Anderson, LMSW, CAADC, is an Embedded social worker, College of Engineering for Counseling and Psychological Services at the University of Michigan.

Ann Arbor Center for Mindfulness has a mission to cultivate and support the understanding of mindfulness to promote health and wellbeing.

District Library (AADL) Ann Arbor's public library serving the community of the Ann Arbor School District.

Ann Arbor KTC Tibetan Buddhist Meditation Center is part of the 900-year-old Karma Kagyu lineage led by His Holiness, the 17th Gyalwang Karmapa, Ogyen Trinley Dorje, and is dedicated to the enlightenment of all beings. Ann Arbor KTC is celebrating its 40th anniversary in 2018. The Center offers regular meditation practice and instruction, and is open to anyone interested in taming and training their mind through the Buddhist path.

Marcia Bailey, MA, PhD is a certified Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, Certified Transformational Breath Facilitator, and Senior Trainer with the Transformational Breath Foundation.

Liza Baker is a health coach, flame nurturer, and cookbook author at Simply-HealthCoaching.com.

James Balmer was a co-founder of Dawn Farm in 1973 and has worked for Dawn Farm since 1983, first as a Clinical Director, later as president.

Deanne Bednar, MA has taught middle school art for 28 years, and sustainable future classes for 15 years. She is the director and teacher at Strawbale Studio, focusing on natural building, and sustainable living skills since 2003.

David Bell is a founder of Ann Arbor's Interfaith Center and has been a longtime teacher of *A Course in Miracles*.

Linda Steinborn Bender, ACSW, LMSW has spent 30 years helping adults manage day-to-day life by adjusting to health, trauma, abuse, and grief. She has worked in several hospice settings.

Sarah Bennett is an intuitive channel of the divine realms and ancient ancestral wisdom. Her readings will provide heart opening clarity and peace and will help you go deeper within your own intuitive knowing.

Leslie Blackburn, MS, RCST is a Sacred Sexual Healer and Transformational Guide. She is a leading educator and coach of sacred sexuality and tantra in the U.S.

Kathy Bloch is a Tarot reader, born and raised in Hawaii. She has studied Tarot since 1980 and likes to collect Tarot decks from around the world. She has been doing public readings since 1995.

Carole Blotter draws her meditation practice from dual roots in Quaker and Buddhist traditions. She has been teaching meditation since 1999, and is a teacher for The Forest Way, an organization dedicated to providing retreats conducive to balanced and integrated spiritual growth.

Dr. Alan Boyce, DC is a chiropractor and a Pipe and Altar carrier in Native culture. He has learned to synthesize spiritual/intuitive phenomena with scientific understanding.

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners.

Michele Bond has over 800 hours of training in yoga, yoga therapeutics, and meditation with internationally-recognized instructors. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Breastfeeding Center of Ann Arbor offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations, weekly MotherBaby support groups, and breastfeeding-related retail.

Patty Brennan, Director of Center for the Childbearing Year and co-owner of Lifespan Doula, is a professional birth, postpartum, and end-of-life doula trainer. Patty is the author of *The Doula Business Guide* and provides business development support for doulas.

Dr. Tana Bridge, PhD, ACSW, LMSW, ACTP is a Professor, School of Social Work, Eastern Michigan University and award-winning trauma expert.

Barbara Brodsky is the founder and guiding teacher of Deep Spring Center and an ordained Interfaith Minister. She has been practicing meditation since 1960, teaching since 1989, and draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Edward Espe Brown was the first head cook at Tassajara Zen Mountain Center and later helped found Greens Restaurant in San Francisco. He is the author of several bestselling cookbooks and the subject of the 2007 film: *How to Cook Your Life*.

Jonathan Buckman is a lifetime student of the martial arts and an instructor with SUN SHEN. He is also a social worker and a chess teacher to over 2,000 children.



Teachers, Lecturers, Workshop Leaders, and the Centers

Lama Nancy Burks is the resident Lama of the Ann Arbor KTC Tibetan Buddhist Meditation Center. She has been a Buddhist since 1978, and has completed a traditional three-year retreat led by the Ven. Khenpo Karthar Rinpoche at the Karme Ling Retreat Center in Delhi, NY. A retired clinical psychologist, she is available for individual spiritual instruction and guidance, in addition to teaching and leading meditation practice.

Carole Caplan, E-RYT 500 teaches yoga and meditation to weave ancient wisdom into modern life. She bases her yoga teaching on traditional Kriya techniques and is also certified in Thai Yoga Bodywork.

Kapila Castoldi has studied meditation under the guidance of spiritual teacher Sri Chinmoy for 30 years. Her interest in Ayurveda as a complement to meditation spans two decades.

Atmaram Chaitanya is the director of the nonprofit Kashi Nivas Shiva Meditation Center. He has offered over 40 years of service as a teacher of meditation, self-inquiry, and kirtan chanting in the Ann Arbor area.

Center for the Childbearing Year is Michigan’s premier birth and postpartum doula training center with professional certification through DONA International. Also offering comprehensive childbirth preparation programs, including online classes hosted by Patty Brennan.

Priestess Miriam Chabani is the founder of Voodoo Spiritual Temple in New Orleans and whose spiritual work crosses over many religious lines.

Carl Christensen, MD, PhD, FACOG, FASAM, ABAM is a board-certified addictionologist and pain management specialist.

Jules Cobb is a therapist with Dawn Farm Youth and Family Services.

Lorri Coburn, MSW is a psychotherapist and interfaith minister. She is author of *Breaking Free: How Forgiveness and “A Course in Miracles” Can Set You Free*.

Charles E. Coleman, LLMSW is a Primary Therapist at Dawn Farm downtown residential treatment facility.

Richard Bruxvoort Colligan is a musician, composer, and student of the Psalms. He has taught the Psalms at seminaries, theological events, and local churches. He also publishes congregational songs for the wider church.

Diana Cramer, MA has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant.

Cara Cummings is a botanical illustrator and artist-in-chief at CarasGarden.com.

Phyllis Curott is a Wiccan Priestess, activist, attorney, and internationally best selling author.

Reverend Taikodo Marta Dabis is a board-certified hospital chaplain at Saint Joseph Mercy Ann Arbor, and ordained Zen priest in the SFZC Suzuki/Katagiri lineage.

Ray Dalton is the Coordinator of Dawn Farm Outpatient Services and former coordinator of the state suicide prevention hotline in Kansas.

Dawn Farm Youth and Family Services Team provides assessment, intervention, treatment, education, and support services for adolescents experiencing problems with alcohol and other drug use, and for their families.

Laurie Dean is a certified 500-hours Parayoga teacher and is honored to be a part of a select group of teachers who have been trained and mentored by Rod Stryker to share the Four Desires with others.

Christy DeBurton, RYT is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.

LaRene Dell is a long time naturopathic doctor, homeopath, and Reiki master.

Todd Diana is a Dawn Farm staff member.

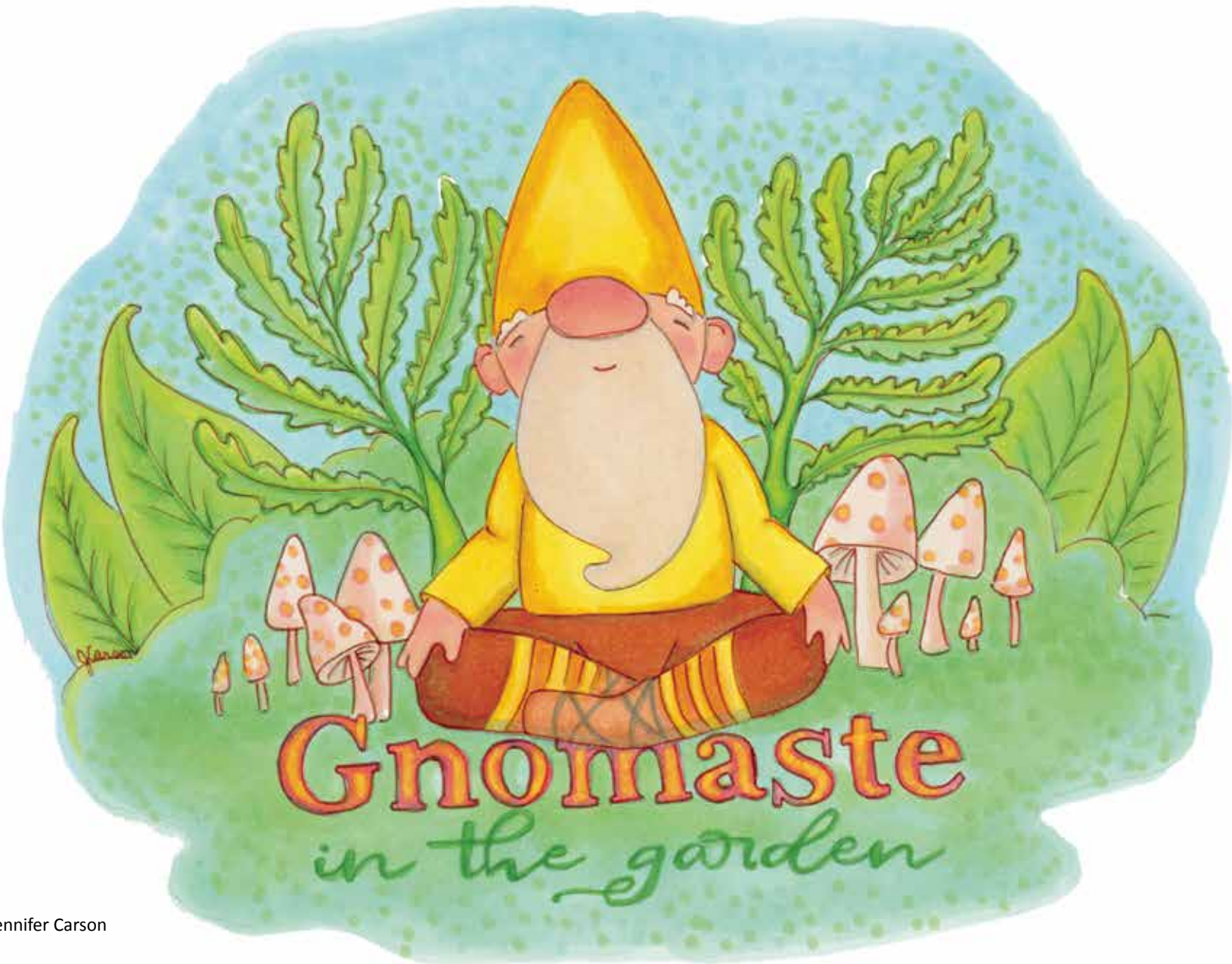
Kate Durda, MA is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, Buryatan, and various Native American traditions.

Erica Dutton is a retired nurse who has practiced and taught yoga for many years.

Connie Lee Eiland has been a shamanic practitioner for 15 years and a physical therapist for 47 years. Since 2000, her shamanic studies have been with Sandra Ingerman, Betsy Bergstrom, Carol Proudfoot-Edgar, Nan Moss, and Larry Kessler.

Elitom El-Amin has lived on prana instead of food/water for 18 years. He lives primarily in India and leads workshops on Breatharianism in Asia, Africa, and the Middle East.

Mary Ellen LMT is a Chi Nei Tsang Senior Teacher in Master Mantak Chia’s system. She is certified to teach Chi Nei Tsang Healing Abdominal Therapy 1-3, Qigong Meditation Basics, Tao Yin, and Fusion of the Five Elements 1. She is the first U.S. instructor to be able to teach CNT beyond Chi Nei Tsang 2.



Artwork by Jennifer Carson

Gail Embery has many years of experience as a Tarot reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed Professional Counselor, and received her master’s degree from WSU in Counseling Psychology.

Mara Evenstar is the co-owner and co-founder of Evenstar’s Chalice.

Linda Diane Feldt, a student of the healing arts since 1973, is a holistic health practitioner, teacher, and writer who has taught herbal classes locally for over 40 years.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum.

Deb Flint is the bookstore manager at Crazy Wisdom and former Adjunct Professor at Siena Heights University and Adrian College.

Food Gatherers is the food rescue program and food bank for Washtenaw County, distributing 6.5 million pounds of food to 170 nonprofit programs that serve nearly 44,500 low-income adults, seniors, and children annually.

Marcella Fox is an intuitive reader at Crazy Wisdom.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships*.

The Friends of the Ann Arbor District Library is a committed nonprofit group of volunteers that operates the Friends Book Shop in the downtown library and supports the activities of the Ann Arbor District Library.

Jerry Fouchey, MA, CADC is a Dawn Farm Outpatient and Personal Medicine therapist.

Melanie Fuscaldo, MA, LPC, NCC is a licensed and nationally-certified counselor and life coach specializing in joyful transformations.

Norma Gentile is a natural clairvoyant who trained as both a professional singer and energy healer. She and her guides, most often Archangel Michael, Mary, and the Hathor Atamira, offer insights, healing music, and online courses focusing on energy, sound, and healing at her website.

Ann-Margaret Giovino and Alexis Neuhaus are SUN SHEN tai-chi instructors and senior students of SUN SHEN Tai-Chi Lineage Holder Master Sang Kim.

Katy Gladwin is a doula and childbirth educator. She has been providing prenatal, birth and postpartum support to the Ann Arbor area through Sacred Roots Services, LLC since 2011.

Karen Greenberg, RPT is a registered physical therapist who has taught for many years at University of Maryland Hospital, dance studios, and via Skype around the world. She is currently a metaphysical teacher of personal and spiritual growth.

Karla Groesbeck has over 20 years of experience and a wealth of information and experience in the body movement, meditation, Qigong, and martial aspects of Yang style Tai Chi. She is the owner/founder of Tai Chi Love.



Paulette Grotrian, MA was trained through the UMass Medical School Integrative Medicine Center for Mindfulness and the University of California San Diego Center for Mindfulness. She has studied with Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg, Kristin Neff, Christopher Germer, and Thich Nhat Hanh. She is a founding member of the Ann Arbor Center for Mindfulness.

David M. Hall is a beekeeper, educator, and rescuer, having rescued over 4.5 million honey bees from extermination and founded two apiaries. He also has a Permaculture Design and Permaculture Teacher certification.

Roman Hanis has been working closely with the indigenous Peruvian cultures in the Amazonian rainforest and Andean mountains since 2001. During this time he has devoted his life to learning the ancient healing ways of these ancient cultures while seeking possibilities for creating ecological sources of sustenance for local populations and working to preserve the rainforest and its spiritual heritage of sacred medicinal plants.

Nirmala Nancy Hanke, MD is a longtime meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Simran Harvey has been an astrologer for over half her life. In 2009 she was certified in the Advanced Pulse Technique, a powerful clearing energy to facilitate change at the energetic level. She received additional training to do the energy work over the phone, on up to twelve people simultaneously.

When I’m hungry, I eat
what I love. When I’m
bored, I do something I love.
When I’m lonely, I connect
with someone I love. When I
feel sad, I remember that
I am loved.
— Michelle May

Patrick Henry, Ph. D has written and spoken widely on the Holocaust and is currently writing a play about soldiers returning from our wars in Vietnam, Iraq, and Afghanistan.

The Humane Society of Huron Valley is a nonprofit, tax-exempt public charity. We are independently run and rely on the generosity of people like you to continue our mission to support the loving, responsible care of every animal in our community. HSHV is not affiliated with or funded by Michigan Humane Society, or any other humane organization.

Interfaith Center for Spiritual Growth. Spiritual seekers joining in community to attract others of like mind, creating an atmosphere and structure to foster and stimulate our individual and collective spiritual growth.

Inward Bound Yoga has offered a variety of approaches to the ancient discipline of yoga since 1995.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Gelek Rimpoche’s command of western culture enabled him to convey the Tibetan Buddhist tradition with wisdom, wit, and kindness.

Jan Katz is a senior student of SUN SHEN Founder, Master Sang Kim. She is also a certified instructor of the Tai Chi for Arthritis Program of Dr. Paul Lam’s Tai Chi for Health Institute.

Angela Kaufman LCSW, is a physic medium and intuitive empowerment coach. She is the co-author of several books on metaphysical spirituality and author of *Queen Up! Reclaim Your Crown When Life Knocks You Down - Unleash the Power of Your Inner Tarot Queen*.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Andrea Kennedy is a Reiki Master Practitioner and Instructor, practicing since 1995. She sees clients at Borer Family Chiropractic in Saline, MI, and brings Reiki into the mainstream through education and social media.

Esther Kennedy, OP, MSW a Dominican Sister of Adrian, is a spiritual director, retreat leader, and clinical social worker.

Anne Kertz Kernion is known for her “Cards by Anne”. With degrees in science and Theology, she shares her knowledge, especially the connections between wellness and spirituality, through workshops, presentations, and retreats.

Dave Krajovic and Pat Krajovic founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

Arlene Kosmatka OP does spiritual direction and facilitates spirituality groups in English and Spanish.

Leslie Science and Nature Center educates and inspires children and adults to discover, understand, and respect their natural environment.

Lifespan Doulas provides End-of-Life Doula Training and Certification. Owners Merilynne Rush and Patty Brennan are experts in end-of-life issues and the doula model of care.

Mary Light, ND, MH, LMT is a traditional naturopath and consultant herbalist with a private practice and state licensed school of natural medicine in Ann Arbor.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, nonviolence toward all beings.

Dr. Evan Litinas is the Chief Medical Officer for Om of Medicine.

Julene Louis holds a certification in Western Astrology through NCGR and ISAR and in Vedic Astrology through the CVA. She has been a practicing and teaching astrologer for 18.5 years.

Molly Welch Marahar, MPP is the WHI Opioid Project Coordinator, Center for Healthcare Research and Transformation.

Julie Mariouw is an English teacher, published writer, former Journal Workshop leader. She is certified to lead workshops using the Amherst Writers & Artists method developed by Pat Schneider, and is an AWA affiliate.

The background information listed here pertains specifically to individuals and centers whose classes, workshops, and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but don't regularly lead classes or workshops, you can still be listed for free in our online Holistic Resource Guide. List your practice and add your logo, photo, and even a short video. To claim your listing, please visit AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders, and the Centers

Mark and Roberta Maxwell are sound healers and the creators of the Sacred Sound Bath. Their goal is to uplift the spirit of humankind through sacred sound for the benefit of all sentient beings.

Barb McConnell, LPN, CHTPI is a nurse, Certified Healing Touch Practitioner, and instructor for Levels 1-4 with 30 years of experience in hospital, clinical, industrial nursing/ industrial management. She also teaches Total Health which includes essential oils.

Drake Meadow is a certified leader of the dances and an initiated Sufi.

Michigan Collaborative for Mindfulness in Education faculty have extensive experience in teaching mindfulness to children and adults.

Michigan Friends Center, built in 1994, is a nonprofit organization located on the wooded 90-acre land of Friends Lake Cooperative Community. As a spiritually grounded community, they enjoy discussions that explore their shared experience of renewal through nature.

Michigan Psychedelic Society is a community of people interested in the profound role psychedelics play in the expansion of consciousness. We provide a space for people to discuss psychedelics, psychedelic healing, and a place for sharing one’s experience with these powerful medicines.

Ed Morin is a poet and former English teacher at area universities and colleges.

The Mother is a combination of many expressions of the Divine Mother such as Mother Mary, Kwan Yin, and others, and expresses different aspects of herself depending on the needs and karma of the person with whom she is sharing darshan. She is trance channeled by Barbara Brodsky.

The Neighborhood Theatre Group’s mission is to make theatre an accessible home for the collaboration of people, artistic challenges, and new ideas.

M. Macha Nightmare is a priestess, witch, author, teacher, and ritualist.

Ool Pardi was born in Estonia and came to America at 17. He has resonated with Native American culture since childhood and has always felt a pull to immerse himself in the sounds and spirits of the tribes. In 2014 he was given the name Strong Heart by Chief White Buffalo and Strong Heart Drum Medicine emerged.

Parent Cooperative Preschools International represents more than 50,000 families and teachers, providing ongoing support to families, educators, and social agencies who recognize the value of parents as teachers of their children and the necessity of educating parents to meet the developmental needs of their children. Membership is open to schools, councils, libraries, and individuals.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and a gatekeeper of the Wu style.

Jan Pemberton has been teaching the Biodynamic Cranial work for over 20 years. She has both assisted and taught with Franklyn Sills over the years.

Pure Hot Yoga Studio in Maple Village promotes health and wellness. Teachers are trained to enhance all levels of yoga practice, beginner to advanced, in supporting everyone to their best potential.

Meena Puri is an Ayurvedic Practitioner, Certified Meditation Teacher and a Yoga teacher. She has been teaching Yoga Therapy for over 22 years and practicing Ayurvedic Medicine for seven years.

Judy Liu Ramsey is the co-founder of Head-to-Toe Therapies in Ann Arbor, where she provides bodywork and shamanic healing to people and animals. She has created sacred crafts for nearly five decades.

Carrie Rheingans, MSW, MPH is the WHI Project Manager, Center for Healthcare Research and Transformation.

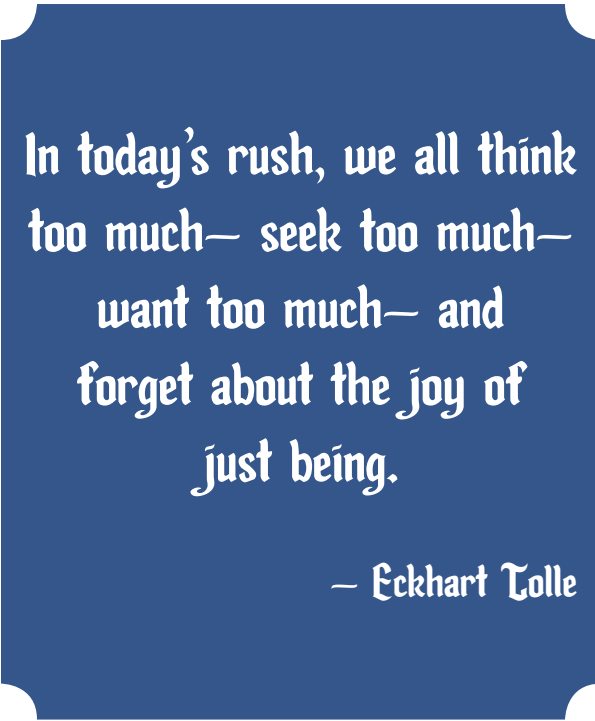
Demo Rinpoche is Jewel Heart’s Resident Spiritual Advisor and is currently based in Ann Arbor. Under the Dalai Lama’s direct supervision, Rinpoche’s training covered nearly thirty years of uninterrupted education in meditation, debate, memorization, philosophy, and composition as well as higher levels of training according to the Tibetan Buddhist tradition. He also received his master’s degree in Inter-Religious Engagement from Union Theological Seminary in New York City in 2018.

Gelek Rinpoche was the founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rinpoche’s command of western culture allowed him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Ling Rinpoche began his education in 1995, received his Geshe degree from Drepung Monastic University in South India and completed additional studies at Gyuto Tantric College in Dharamsala, India in 2018.

Cynthia Robinson has had a deep love for nature and natural healing since childhood. She always knew she would devote her life in service to the healing of people and the planet. Cynthia received her BA from the University of Michigan School of Art and Design with a focus in Design, Communication, and Creative Problem Solving.

David Rosenberg has been teaching Iyengar Yoga since 1993 and traveled to Pune, India, in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.



Jonathan Rudinger, RN LMT and founder of PetMassage™, has worked in the canine massage areas since the mid-1990s. He facilitates workshops and home-study courses.

Merilynne Rush, RN has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant. She is also a certified Respecting Choices First Steps Trainer who teaches end-of-life doula training through Lifespan Doulas.

Sue Salaniuk holds a Senior Intermediate One Iyengar Certificate. She has studied with the Iyengars in India 12 times and continues to advance her studies regularly with teachers in the U.S.

Judy Sauer is a passionate “foodie”. She knows the destructive power of food from her journey through a disordered eating addiction in her early life. In more recent years she has experienced the profound healing power of food through her journey of healing chronic autoimmune symptoms.

Victoria Schon offers a unique inner journey guided by a variety of sounds, all with assorted frequencies and vibrations. In addition to the graceful and celestial sounds of crystal singing bowls, she incorporates Tibetan singing bowls, chimes, gongs, and various celestial instruments.

Tiffany Schultz, LLMSW is a Dawn Farm Outpatient Therapist.

Mary Seibert, BSN, RYT200 is a Certified Kripalu Yoga Teacher with a foundation in Iyengar. She is also a holistic nurse and Healing Touch Practitioner. **Self Realization Meditation Healing Centre**, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Paul Selig received his master’s degree from Yale and taught at NYU for 25 years. He’s a clairaudient, clairvoyant, channel, empath, and teacher of workshops all over the world including an annual residency at the Esalen Institute.

Laura Seligman, MS is a SoulCollage® facilitator, artist, and docent. She also volunteers at the UM Museum of Art.

SANDYA-Sandra Shears has been a Spiritual Channel, Healer, and Counselor since 1990 as guided by the Higher Communities of Light. As a Light Worker and Vibrational Practitioner, she specializes in activating other Practitioners, Light Workers, and World Servers.

Antonio Sieira, PhD is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner, and is the creator of the Mindfulness Meditation System.

Lynn Sipher, LMSW has provided psychotherapy since 1985 and mindfulness-based classes and workshops since 2006. She is a founding member of Ann Arbor Center for Mindfulness.

Song of the Morning offers an opportunity to become immersed in the simplicity, serenity, and sustenance of a balanced yogic lifestyle. We offer a place of spiritual refreshment and relaxation to those on a conscious spiritual journey toward union with the Divine, to those hoping to discover their own highest potential, and to all who seek respite from the worries and cares of the world.

Sophia Unfolds is a community of women dedicated to empowering one another and uplifting the Divine Feminine.

Ema Stefanova, MA, E-RYT500, YACEP, Member IAYT is a yoga and meditation master as well as an experienced teacher trainer, healer, author, and therapist. She belongs to the Satyananda yoga lineage and has taught worldwide for over 30 years.

Jeremy Suttles, MSE, LMSW is a clinical Social Worker at UM Hospital, Adult Inpatient Psychiatry.

Steven Sy is a senior instructor of Master Mantak Chia’s system. He is certified in Qigong Meditation Basics, Tao Yin Qigong, Iron Shirt Qigong 1-2, Tai Chi Qigong 1-3, and Fusion of the Five Elements 1. Steven is the only instructor in the U.S. certified in Tai Chi Qigong beyond Level 2.

Khenpo Tenkyong became a monk at a young age and completed an eleven-year course of Buddhist Studies at Karma Shri Nalanda Institute at Rumtek Monastery, culminating in a master’s degree.

Stephanie Tighe, MSW is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years of experience healing and leading workshops nationally and internationally. She has trained extensively with Sandra Ingerman.

Mary Tillinghast has managed Castle Remedies for 35 years, is the mother of four children raised on homeopathy and has had hands-on training with Dr. Levhinkner.

Tiny Lions is a nonprofit center that has cats for adoption roaming the building. You can come in and sit with the cats while studying or come to events with the cats.

Judy Lee Trautman is a certified leader of the dances, an initiated Sufi, and an ordained Sufi Cherag.

Jennifer Vanderwal is a Healing Facilitator, Reiki Master, Intuitive Spiritual Counselor, and Melody Crystal Healer Instructor. She has taught classes for over ten years.

Verapose Yoga is building community through a shared love of yoga and mindfulness. We help you find your ‘True Stance’.

Joe Walters has over 20 years of experience practicing Chen style Tai Chi with Richard Miller.

Kashi Walters is the Co-Director at the nonprofit Kashi Nivas Shiva Meditation Center in Ann Arbor. She is an experienced hatha yoga, meditation, and self-inquiry instructor.

Sifu Joseph Wang is the Head SUN SHEN Tai-Chi Instructor and Senior Tai-Chi Student of Master Sang Kim. He has been teaching since 2005.

Andrea Weid in an occupational therapist, has a Certificate of Integrative Health and Lifestyle from the University of Arizona’s Center for Integrative Medicine. She is the owner of BeingHOME, LLC.

Alia Wesala provides brief astrological consultation sessions to individuals, couples, and families.

Dr. C. Vanessa White is an Assistant Professor of Spirituality and Ministry at Catholic Theological Union.

Kristin Whitfield L Ac, Dipl OM, MAOM graduated from Cornell University with a BA and from the New England School of Acupuncture with a Master in Acupuncture and Oriental Medicine. She is a Registered Acupuncturist and is a National Board Certified Diplomate in Oriental Medicine.

Suzy Wienckowski is a Reiki Master and Massage Therapist with over 35 years of experience in healing arts. She teaches the traditional Usui System of Reiki Healing and is a member of the Reiki Alliance.

Eve Wilson is the creator and Director of the Healer Development Program and a full-time Healer Practitioner since 1986. She is a groundbreaking leader in healing and ascension who helps others access their gifts and realize their potential as healers.

Julie Wolcott, MA, CSW, LPC has practiced in the fields of counseling and psychotherapy for over 40 years. Besides being a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga teacher, she is also a Certified Transformational Breath Facilitator since 2004 and a Senior Trainer with the Transformational Breath Foundation since 2006.

Debbie Wollard has been guiding Women’s Wilderness Trips for 15 years. She is very familiar with North Manitou Island and loves sharing this beautiful, sacred place with other women.

Rebecca Williams has been a Tarot card reader at Crazy Wisdom for over ten years. Her readings explore deeper soul movements in our lives. Through intuitive readings she assists individuals to use their own soul awareness and wisdom to promote positive change and instill harmony through all of life’s complications.

Yoga Focus, an Iyengar Yoga studio, is celebrating 25 years as a yoga center. Teachers value their practice of yoga and the respect for their students.

Yoga Space consists of teachers certified in the Iyengar method with decades of experience. They excel at making yoga fun and accessible for everyone.

Master Wasentha Young is a Master of T’ai Chi and Qigong with over 48 years of experience. She has received formal instruction in different styles of meditation and massage therapy and has a Master in Transpersonal Studies.

Karlita Zarley, RN, CHTP has 36 years of experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 19 years as a professional healer and educator. She leads classes and retreats, and also provides energy work, spiritual direction, and consultations on essential oils and flower essences.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.

Celeste Zygmunt is a long time DSC community member who lives in Texas and facilitates the Deep Spring Center Sunday Online Meditation from Anywhere weekly.

Your vision will become clear only
when you can look into your own heart.
Who looks outside, dreams; who looks
inside, awakes.

— Carl Jung

CRAZY WISDOM POETRY SERIES

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**Second and Fourth Wednesday
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Second Wednesdays, 7-9 p.m.: Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

Crazy Wisdom Poetry Series Featured Readers

May 22 - Marilyn Rashid, a senior lecturer in Spanish at Wayne State University, has been active in the peace and environmental movement. Her poems have appeared in *Nimrod*, *Comstock Review*, *The MacGuffin*, and *Runes*. Her translations of poems by José Jiménez Lozano have appeared in many journals, and she has performed often in readings.



June 26 - William Teets is a poet born in Peekskill, NY, currently living in Waterford, MI. He is author of the memoir, *Upside Down (One on the House)*, and the novel, *Reverend Went Walking*. His poetry collection, *Before The Flood*, resonates with Americana and religiosity. His journal publications include *Chronogram* and *Art and Life*.



July 24 – Ian Haight is an author, translator and editor who graduated from UM’s Residential College, worked with the UN, was a tenured professor at a Korean university, and now resides in Germany. His *Celadon* won the First Book Prize in Poetry from Unicorn Press. He communicates an international, spiritually-minded aesthetic. Visit ianhaight.com.



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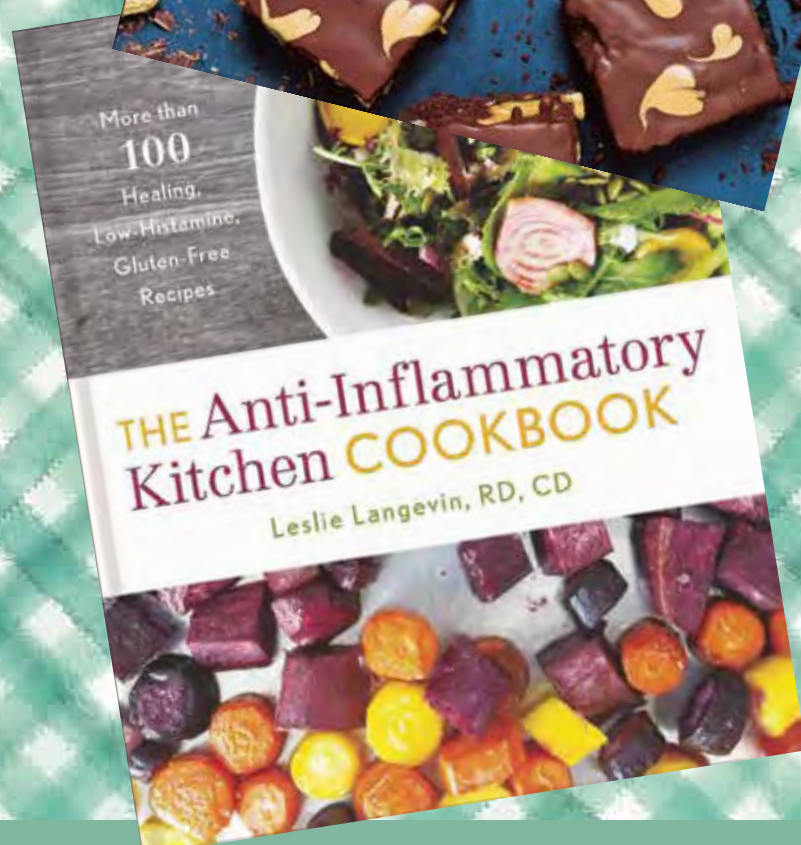
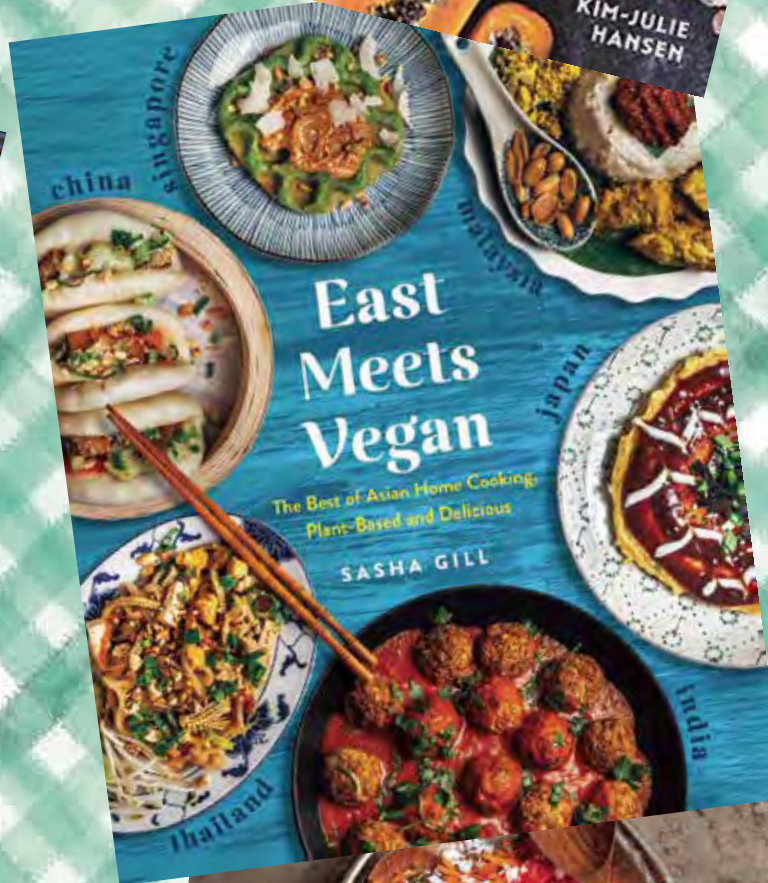
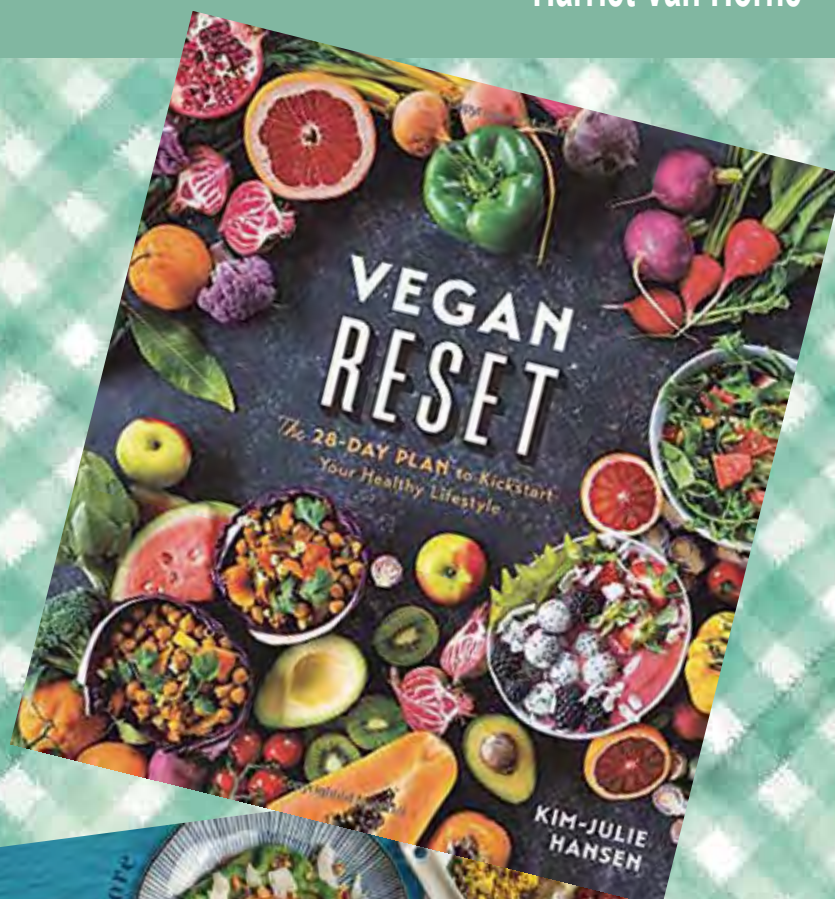
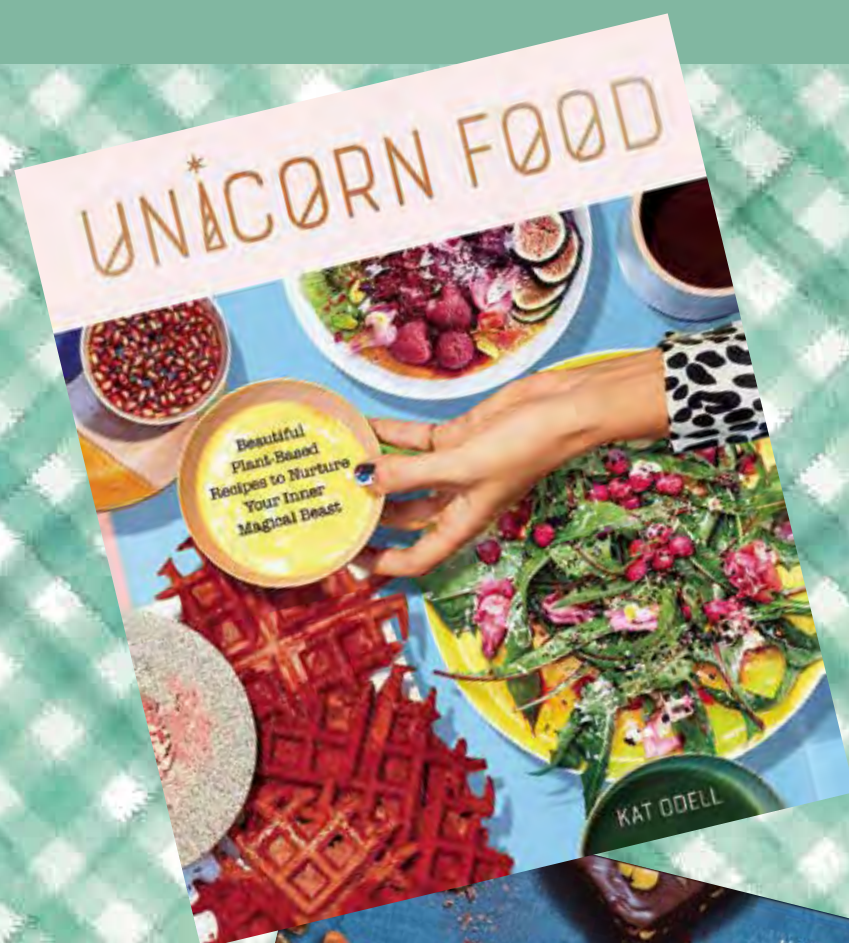
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